

# 2015 FREE COMMUNITY WELLNESS SERIES

THE WAYNE ART CENTER & THE RADNOR TOWNSHIP RECREATION & COMMUNITY PROGRAMMING DEPARTMENT HAVE AN INCREDIBLE LINE-UP OF EXPERTS READY TO HELP YOU TO LOSE WEIGHT AND GET HEALTHY!

## RAW CAN ROLL CAFÉ COOKING DEMO AND TASTING

FIRST LECTURE RECAP- WEDNESDAY, FEBRUARY 25<sup>TH</sup>



# WHO IS RAW CAN ROLL CAFÉ?

Raw Can Roll Café is a quaint café located in Wayne, PA (next to Devon Whole Foods). Our mission is to create healthy, homemade vegan fare using high quality organic ingredients. At Raw Can Roll Café, we specialize in raw food, but have recently transformed our menu; we are now offering cooked options, such as Macrobiotic Rice Bowls and ‘Baicon’ L.T. Sandwiches. We are here to show the community that “healthy” food does not have to be bland or boring. Maintaining a healthy lifestyle is a way of life, and our goal for the Manager’s Challenge is to show you and help you maintain an all-encompassing healthy lifestyle. We are excited to teach each and every one of you on this incredible journey.



To learn more about Raw Can Roll Café  
check out their website: [rawcanrollcafe.com](http://rawcanrollcafe.com)



**COOKING DEMO MENU:**  
**GOOD VIBRATIONS SMOOTHIE**  
**KALE AVOCADO SALAD**  
**ZUCCHINI NOODLE PASTA WITH TOMATO SAUCE**  
**AND MEATBALLS**  
**CHOCOLATE PEANUT BUTTER CUPS**



10% OFF  
**Raw Can Roll**  
 Cafe  
 Fresh & Organic  
**Best**  
 Raw Cafe  
 AWARDED  
 BEST REASON  
 TO GO GREEN  
 VEGAN, gluten free,  
 delicious, keto & cooked  
 mostly organic  
 Fresh Fresh!  
 Most everything made  
 IN HOUSE WITH LOVE  
 707 W. Lancaster Ave.  
 Wayne, Pa. 19387  
 484-580-8454  
 RawCanRollCafe.com

**Good Vibrations Smoothie**  
 Kale, Avocado, Spinach,  
 Lemon Juice, Water, Honey  
 \$4.99

**Kale Avocado Salad**  
 Kale, Avocado, Lemon Juice,  
 Olive Oil, Salt  
 \$4.99

**Zucchini Noodle Pasta with Tomato Sauce and Meatballs**  
 Zucchini Noodles, Tomato Sauce,  
 Meatballs, Parmesan Cheese  
 \$12.99

**Chocolate Peanut Butter Cups**  
 Peanut Butter, Cocoa Powder,  
 Sugar, Salt  
 \$1.99

# MARK YOUR CALENDAR FOR THE OTHER FREE COMMUNITY WELLNESS SERIES EVENTS!

CLASSES BEGIN AT 6:30PM AND ARE OPEN TO THE PUBLIC AND FREE OF CHARGE!

LOCATION: THE WAYNE ART CENTER (UNLESS OTHERWISE NOTED), 413 MAPLEWOOD AVE · WAYNE, PA 19087

TO REGISTER: CALL 610-688-3553

**WEDNESDAY, MARCH 11<sup>TH</sup>**

**TOUR OF WHOLE FOODS WITH  
HEALTHY EATING SPECIALIST, SLOAN BENNETT  
AT WHOLE FOODS MARKET, DEVON**

**WEDNESDAY, APRIL 15<sup>TH</sup>**

**MINDFUL EATING CLASS WITH  
EMMA FOGT, MBA, MS, RD, FAND**

**WEDNESDAY, MAY 6<sup>TH</sup>**

**YOGA WITH AMY DOLAN OF YOGA WITH SPIRIT**

