eat.love.happiness







A series of health and wellness-themed cooking classes featuring local chefs and food experts in the Austin area with the purpose of educating our community on healthy cooking practices!



Saturday Evening, August 10th 5:00pm At Clear Point Wellness

Learning To Make Gluten-Free Recipes with Chef Eva... We are pleased to welcome Chef Eva from *The Greer Farm* in Dangerfield TX, a beautiful sustainable farm in Northeast TX. Chef Eva offers cooking classes at The Greer Farm, and has had her recipes featured in Good Housekeeping and Southern Living. For her full bio visit www.greerfarm.com

Chef Eva will be teaching how to make delicious glutenfree dishes using farm-to-table fresh ingredients and educating on the health benefits of a gluten-free diet.



Class is \$25 and includes your food+ a complimentary \$25 gift certificate toward an acupuncture treatment at Clear Point Wellness. All proceeds will be donated to Slow Food Austin, supporting good, clean and fair food.

Please email jennifer@clearpointwellness.com to make your reservation. Space is limited.



Clear Point Wellness is located at 2001 S. 1st St. in the Bouldin Creek area of South Austin. For more information and directions please visit www.clearpointwellness.com