

# eat. love. happiness.



A series of educational health and wellness-themed cooking classes featuring local chefs and food experts.

*Presented by Clear Point Wellness & Jennifer Hoger L. Ac.*



## Tara-Miko Grayless

Join us as we welcome Tara-Miko Grayless of Happy Hemp - the fashion turned health maven who's changing lives one dose of hemp seeds at a time.

Tara-Miko will be pairing up with natural foods chef, Tanner O'Dell, resident culinary ninja at the revolutionary exercise destination, KOR 180. Chef Tanner will be preparing a healthy raw vegan meal using hemp seeds as a key ingredient!



Class is \$25 and includes a \$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.



Thursday October 17th : 7:00pm

ClearPoint  
WELLNESS



Jennifer Hoger is a licensed acupuncturist and traditional Chinese herbalist at Clear Point Wellness in Austin TX.

Email [jennifer@clearpointwellness.com](mailto:jennifer@clearpointwellness.com) to RSVP : Space is limited : 2001 S 1st St Austin, TX