

Fermented Food & Drink Class

Have you heard about Probiotics and Beneficial bacteria?

Fermented and Cultured food and drinks are great for your digestive health.

Learn to prepare your own at home, easily and at minimal cost.

No need to pay a fortune for Probiotic Supplements.

March 29th, 6:30-7:30 pm, Tuesday

and another

April 26th, 6:30-7:30 pm, Tuesday

Woman's Club • 407 N. Sacaton Street

Casa Grande Parks and Recreation

\$10.00

**For Registration Information: 520-421-8677 or
www.casagrandeaz.gov/rec/recreation/**