

***YOU GOT THIS!***

**Friday, January 26th**

**6:00 to 7:30 pm**

at 110 W. Harvard St.  
in Midtown Fort Collins  
(at Thrive CommUnity Acupuncture)

Limited seating - RSVP Required  
More info & registration via the  
*Thrive School of Practical Spirituality*  
**BeWellandThrive.org**

A \$25 fee is required  
for this special event.



**Julie Grillo**

# ***THE ART OF HEALING FOOD!***

## ***MAKE IT - TASTE IT - RECIPE SHARE***

Learn how to have fun in the kitchen! Food can be our best healer, especially in the winter season. Julie will provide tastings for eight healing and immune boosting recipes, give instructions while making each nourishing dish, and share cards to take home! Creative options for sugar free, gluten free, dairy free, nut free, and vegetarian will be discussed.

Julie loves to cook and create healing food for others in the way that serves their body best. Her family has allergies, intolerances, and preferences that she's learned to celebrate. It's a normal night to have 3 different pots on the stove with varied ingredients so each of her family members can eat and thrive with delight!

Since 2020, Julie has been making a healing soup weekly for ill friends and family and delivering it in her healing pot. One friend coined it: **"Golden Healing Sunshine in a Bowl!"** This loving recipe can be modified to match the taste buds of the recipient.

**VISIT THE EVENTS PAGE ON THE WEBSITE NOTED ABOVE FOR THE FULL LIST OF WHAT JULIE WILL BE PREPARING AND SHARING!**

