

RAW FOOD MIRACLE: MAKE AGING OPTIONAL !

supported by latest scientific research

Fun Lecture with Raw Food Demonstration



Lecture by *Tonya Zavasta*

Raw food expert, one-of-a-kind dynamic speaker, author of the books:
"Quantum Eating: The Ultimate Elixir of Youth" "**Beautiful On Raw: UnCooked Creations**" and
"Your Right to Be Beautiful: Miracle of Raw Foods";
named a finalist for 2004 Health Book of the Year Award

Tonya Zavasta is coming on the 27th of July to share her unique experiences about health, beauty, and longevity! With a math/science background, Tonya's comfort zone reaches from cellular metabolism to quantum physics to the salad bowl.

Her tireless research has led her to understand and harness raw foods' healing and beautifying powers. Tonya, now in her early 50s, is walking testimony of the power of the raw foods to reveal the natural beauty within us all. Radiating health in every sense of the word, she teaches "raw eating" the world over.

During this 2- Hour Seminar you will learn the secrets of:

1. How to use the raw foods for health and beauty
2. Quantum Eating: lose or gain weight the healthy way
3. How to look and feel like a young adult at any age
4. How to get rid of eye bags, eliminate puffiness, and add a polished glow to your face
5. How to prepare a delicious green smoothie that acts in your body as "**Elixir of Youth**"

Monday, the 27th of July 2009

Potluck 5:00 pm-6:00 pm Lecture 6:00 pm-8:00 pm

Potluck starts at 5:00 pm (bring a raw vegan dish and a recipe to share)

Pittsburgh Seventh-day Adventist Church 4021 Evergreen Road, Pittsburgh, PA 15214
Pre-registration \$20 per person, \$25 payable at the door

For reservations call Natalya at 724-942-3073 or email: natalyarichter@hotmail.com

Please, send a check payable to Tonya Zavasta
c/o Natalya Richter 357 Lorlita Ln, Pittsburgh, PA 15241

To learn more about Tonya Zavasta visit: www.BeautifulOnRaw.com

Warning: this event will change your life!