



\$5
donation

Cooking Classes

WITH LUNCH INCLUDED
Classes curated BY
FOOD OF LIFE OWNER & CHEF:
HEATHER RASCHE

RETURN TO ROOTS

FOOD IS MEDICINE

USING HERBS, SPICES &
ROOTS TO HEAL THE BODY

MONDAYS, 10am-12pm

7 WEEK SERIES
MARCH 27TH-MAY 8TH

3013 CHELSEA
TERRACE
BALTIMORE
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THE WILL OF WISDOM

COMMUNITY CENTER
FOR WELL-BEING

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TO RESERVE YOUR SPACE