

BCA/RAFIKI WELLNESS  
CONSCIOUS EATING NUTRITION SERIES  
PRESENTS

EAT WELL & LIVE WELL



***DINE WITH US EVERY 3<sup>rd</sup> THURSDAY OF THE  
MONTH FOR FREE!***

*You are invited to join us for **Conscious Eating and Cooking, Thursday, December 15<sup>th</sup>, 7:30 p.m. – 8:30 p.m.**, at BCA/Rafiki Wellness, 2800 Third Street @24<sup>th</sup>, S.F., CA 94107*

*Join us **for free food** and fun with nutrition expert **Reggie Bass** as he serves up a cooking demo and a tasty meal **created to encourage healthy digestion for those who eat late at night.***

*For more info contact: [www.communityorganizing@bcoa.org](http://www.communityorganizing@bcoa.org)  
Or Mark Matthews – 415.615.9945 ext. 115*

