

# *“Simply Raw: Reversing Diabetes in 30 days”*

Tuesday, February 17th, 6:00PM

Georgetown Market Community Room

\$5 upon registration

*Bring movie receipt to “Raw Food” cooking class and  
receive a \$5 rebate*

*(Due to weather the Raw Food cooking class has been  
rescheduled for Tuesday, February 10th)*



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“Simply Raw” is an independent documentary film that follows six Americans with diabetes as they make radical changes in their diets and eventually take themselves off of insulin. It chronicles their struggles as well as triumphs as they seek to overcome what is considered an incurable disease.

The movie lasts one hour and 30 minutes. Afterwards, Natural Living staff member Pamela Reilly will lead an open discussion on the film and answer questions. As a diabetic for more than forty years, Pamela has experienced for herself the benefits of a raw diet in controlling this disease

*The raw food diet is suitable for many types of dietary restrictions; vegan, wheat-free, gluten-free, sugar-free vegetarian and diabetic.*

Call (317)293-9525

to reserve your space today!

Space is limited/First come first serve basis