

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>June 28</b></p> <p>Advanced MTP- Traditional Food Remedies &amp; Addressing Common Health Problems II ATP- Using Traditional Food Remedies &amp; Addressing Common Health Problems II 9:00 am–5:00 pm SH</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>Community Cooking - Rosa Vera 9:00 am–12:00 pm SH Summertime Vegan Barbecue - Christina Terriquez 7:00–9:00 pm \$45</p>	<p><b>July 1</b></p>	<p><b>2</b></p> <p>Macro Growth &amp; Support - Rachel Zierzow 6:00–8:00 pm SH</p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p> <p>Raw and Living Foods Raw Foods: Spreads, Pates, Sauces &amp; Salads - Christina Terriquez 7:00–9:00 pm</p>	<p><b>8</b></p> <p>Recipe Conversion &amp; Demo 6:00–7:00 pm How Food Affects Your Health &amp; Emotions - Austin - Tina Brackins 7:00–9:00 pm</p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p> <p>Making the Transition to a Plant-Based diet 9:00 am–3:00 pm</p>
<p><b>12</b></p> <p>Making the Transition to a Plant-Based diet 9:00 am–3:00 pm</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Raw and Living Foods Living Foods: Dehydrating - Christina Terriquez 7:00–9:00 pm Community Cooking - Rosa Vera 9:00 am–12:00 pm SH</p>	<p><b>15</b></p>	<p><b>16</b></p> <p>Chef Journals - Rachel Zierzow 6:00–8:00 pm SH</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p>Raw and Living Foods Living Foods: Raw Fermentations and Pickles - Christina Terriquez 7:00–9:00 pm</p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p> <p>Macrobiotic Philosophies Yin and Yang - Tina Brackins 6:00–8:00 pm SH</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p>Raw and Living Foods Raw Foods: Desserts - Christina Terriquez 7:00–9:00 pm Community Cooking - Rosa Vera 9:00 am–12:00 pm SH</p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>August 1</b></p> <p>Making a Macro Mexican Meal - Rachel Zierzow 9:00–11:00 am \$45</p>
<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <p>Advanced Culinary Techniques Nabe, Sukiyaki &amp; Stewed Vegetables - Christina Terriquez 7:00–9:00 pm</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>Macro Growth &amp; Support - Rachel Zierzow 6:00–8:00 pm SH Adding Variety into Your Cooking Quick Cooking Grains - Morna Neal 7:00–9:00 pm</p>	<p><b>7</b></p> <p>Advanced MTP- Understanding Cancer, "Terminal" Illness, and Degenerative Disease ATP- Understanding Cancer, "Terminal" Illness, and Degenerative Disease 7:00–9:00 pm SH</p>	<p><b>8</b></p> <p>Advanced MTP- Understanding Cancer, "Terminal" Illness, and Degenerative Disease ATP- Understanding Cancer, "Terminal" Illness, and Degenerative Disease 9:00 am–5:00 pm SH</p>