



WHAT IS A LOCAVORE?

Learn about the connection between
nourishment, the environment,
& our local economy.
Learn how “Locavores” can make a difference!

Novato Live Well Network

Invites you to our first Speaker Series
and fundraiser!

Hosted by Novato’s Flour Chylde Bakery

ENJOY LOCAL:

Pastries
Cheese
Wine
Beverages
Dialogue
And a Raffle!*

Limited Seating
Reservation Required
\$40 Donation*

Make Checks payable to:
“MarinLink/NLWN”

Mail to:
Novato Live Well Network
PO Box 1647
Novato CA 94948-1647

For More info:
v4valero@comcast.net
Or 415-897-2302

Date: Wednesday, November 14, 2007
Time: 7:00-9:00 PM
Location: Flour Chylde Bakery
850 Grant Avenue, Downtown Novato

Featured Speakers:

- ✦ Helge Hellberg, Executive Director, Marin Organic
- ✦ Barbara Clark, Certified Nutrition Educator, 9 Corners
- ✦ Catherine Bragg, Owner, Flour Chylde Bakery

Facilitated by:

Miguel Villarreal, Director of Food And Nutritional Services,
Novato Unified and San Rafael School Districts

Come join us for an interactive discussion on the value of eating local foods and how it impacts our environment and local economies. Helge Hellberg will share how our purchasing power affects local agriculture, our economy, environment and health. Barbara Clark will discuss how nutritional choices enrich the health and well being of both adults and children. Catherine Bragg will speak about her mission towards her decision to open an alternative bakery that uses local, organic ingredients.



www.NovatoLiveWell.org

“Your generous donation will assist the Novato Live Well Network, a grass roots organization, in continuing to educate our community about the positive benefits of sustainable eating, gardening, and living. For information on our programs see: www.NovatoLiveWell.org”

The Novato Live Well Network is a sponsored project of MarinLink, a California nonprofit corporation, exempt from federal tax under section 501(c)(3) of the Internal Revenue Code, as amended. Your financial contributions are deductible.

Nurturing the Body, Sustaining the Community: from the garden to the table and in between!