

The  
Cincinnati Raw Vegan



Group  
Presents:

## **An Evening with**

# **Matt Monarch & Angela Stokes-Monarch**

When: October 27, 2009  
7 PM – 10 PM

Where: 308 E. 8<sup>th</sup> Street  
6<sup>th</sup> Floor  
Cincinnati, OH 45202

Cost: \$12 per person

[www.meetup.com/CincyRawVegans/](http://www.meetup.com/CincyRawVegans/)



Topics Matt will be covering include:

- Is the Raw Food Diet for you?
- Overcoming Health Challenges
- Why some diets work and some don't
- Difficulties that may arise on your journey
- Benefits of eating Raw Foods, juicing and colonics



Topics Angela will be covering include:

- Healthy, rapid weight loss
- How to break overeating patterns
- Balancing detox with slimming
- Taking care of the body naturally
- Addressing the underlying issues