

baking class



what is gluten? why are so many people allergic to it?

find out – and learn how to bake without it to make tasty treats. class includes instruction & baked goodie to take home!

sun feb 26

3 - 5 pm

\$15, rsvp

gluten free



open seven days • mon open at 7am • tues-fri open at 6am • sat & sun open at 8am

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eat, relax, play...nourish your soul ...foster growth