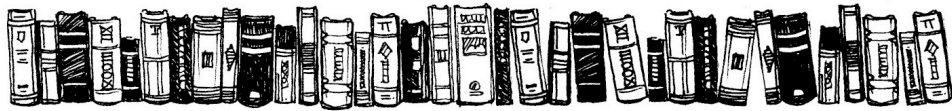


MOSTLY BOOKS



◆ established 1977 ◆

You are invited to meet

Danyse Crotti

author of the cookbook and wellbeing guide

Alkaline-Alive

6:30 pm, Thursday September 5

**alkaline-
alive**

for health, vitality and weight loss

DANYSE CROTTI

Join us at Mostly Books to meet Danyse Crotti, food educator and author of *Alkaline-Alive*. Danyse's delicious recipes are full of nutrient-dense plant foods, wholegrains, pulses, beans and lentils as well as sprouted grains, seeds and legumes.

Appropriate drinks and nibbles will be provided (herbal teas rather than wine!) This event is complimentary, but bookings are essential. Please RSVP to the shop as soon as possible.

Mostly Books, Mitcham Square,
119 Belair Rd Torrens Park SA 5062
Ph: 8373 5190 mostlybooks@internode.on.net

