

Food for Life Nutrition & Cooking Classes presented at

BAUMAN  COLLEGE
Holistic Nutrition and Culinary Arts

Dates & Topics:

August 31: Introduction to How Foods Fight Cancer

September 7: Fueling Up on Low-Fat, High Fiber Foods

September 14: Discovering Dairy and Meat Alternatives

September 21: Cancer-Fighting Compounds & Healthy Weight Control

Food
generously
donated
by

**WHOLE
FOODS**
MARKET
CAPITOLA • SANTA CRUZ

Time

Tuesdays 6:30 – 8 PM

Classroom

Bauman College, Holistic
Nutrition and Culinary Arts
3912 Portola Drive, Suite 10

Fee

4 classes / ~~\$250.00~~ \$90

 THE
CANCER
PROJECT

- Learn to cook EASY, healthy, delicious, and seasonal, plant-based dishes.
- Discover simple and effective ways to incorporate healthy eating into your busy life.
- Learn how to navigate grocery store aisles with a creative, health-minded eye.
- Find out about antioxidants, phytochemicals, and other CANCER fighting compounds.
- Learn how the New Four Food Groups can improve your quality of life.
- Enjoy plentiful samples from the live, food demonstrations.
- Meet others wanting to learn more about cancer prevention and survival.
- Resources: book, website, research, support

Space is limited so register today!

Register at www.cancerproject.org/classes
or call Sandi 831-325-3811

The Cancer Project is a nonprofit organization advancing CANCER PREVENTION and SURVIVAL through nutrition education and research. www.cancerproject.org