



Food for Life

Nutrition & Cooking Classes

food & classroom generously donated by
Whole Foods Market, Santa Cruz

Dates & Topics:

- October 7: Introduction to How Foods Fight Cancer
- October 14: Fueling Up on Low-Fat, High Fiber Foods
- October 21: Discovering Dairy and Meat Alternatives
- October 28: Cancer-Fighting Compounds & Healthy Weight Control

**WHOLE
FOODS[®]**
M A R K E T
CAPITOLA • SANTA CRUZ

Time

Thursdays 6:30 – 8:15 PM

Classroom

Whole Foods Market
911 Soquel Avenue, SC

Fee

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

- 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...fun!
- 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