

NUTRITION AND COOKING CLASSES

Based on the award-winning Food for Life Program

Foods for a Healthy Heart

Tuesday, December 3, 6:30 PM to 8:30 PM

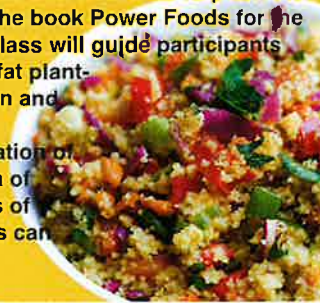
This class will arm participants with the knowledge and practical skills to take action to bolster heart health through simple diet and lifestyle changes. Topics addressed focus in on cardiovascular risk factors, such as high blood pressure and high cholesterol, with recipes and nutrition strategies for improving or reversing these conditions. The intended outcome is to guide class participants toward healthier low-fat plant-based diets that reduce incidence of cardiovascular disease. The class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

Power Foods for the Brain

Thursday, December 12, 6:30 PM to 8:30 PM

This class will shine a light on the foods and nutrients to prioritize for optimal brain health. Drawing from the book *Power Foods for the Brain* by Neal Barnard, MD, FACC, the class will guide participants through the research supporting a low-fat plant-based diet for maintaining brain function and minimizing risk for cognitive decline.

The class features a cooking demonstration of delicious recipes made from a selection of brain power foods, along with handouts of easy and affordable recipes participants can prepare at home.



Andrea Hacquoil

Food for Life Instructor
for the Physicians Committee

Questions and registration:
andreahacquoil@gmail.com

Classes will be held at

St Ouen's Parish Hall

Cost per class £20



Introduction to How Foods Fight Cancer

Sunday, December 8, 2:00 PM to 4:00 PM

This single class guides participants to make the critical connection between diet and the risk of developing various forms of cancer. With a focus on low-fat plant-based nutrition, participants develop an understanding of specific foods and nutrients that either promote or discourage cancer development. The class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

The intended audience for this class includes cancer survivors and their family and friends as well as individuals looking to prevent cancer. This class is not meant for individuals currently undergoing cancer treatment.

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c)3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.



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Responsible medicine



FOOD FOR LIFE
The Power of Food for Health

