



# Lifestyle Solutions

## COOKING CLASS

Enjoy delicious whole-food plant-based recipes to improve your health!

**WEDNESDAYS, 2:30-4:30 PM**

September 3 – Brain Health  
September 10 – Immune System  
September 17 – Cardiovascular Health  
September 24 – Diabetes Prevention



Fall 2025

### CAN A PLANT-BASED DIET IMPROVE HEALTH AND REDUCES RISK OF DISEASE?

Learn scientific evidence about the benefits of a whole-food, plant-based lifestyle and take the steps to transform your health!

### PRICE & MATERIALS:

\$85 (Book, recipes, and food samples)

### TO REGISTER:

(530) 422-7911 / [health@weimar.edu](mailto:health@weimar.edu)

### FOR MORE INFO:



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University

HEALTH   
HEALTH EVANGELISM  
AND LEADERSHIP TRAINING FOR HIM