

Lifestyle Solutions

Fall 2026

FOOD AS MEDICINE COOKING CLASS

Featuring: *New Breed®* veggie meat
creator: Samantha Edwards!

SEPTEMBER 28-30, 4:00-5:30 PM

- Monday – Cardiovascular Health
- Tuesday – Brain Health
- Wednesday – Diabetes Prevention

IMPROVE YOUR HEALTH AND REDUCE THE 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



Weimar
University



Total Community
Involvement
Weimar University

HEALTH 
HEALTH EVANGELISM
AND LEADERSHIP TRAINING FOR HIM