



International COOKING CLASS



Enjoy healthy, whole-food plant-based recipes from different cultures!

DATES AND TIME:

ASIAN– February 19, 6:15 pm–7:30 pm
MEXICAN– February 26, 6:15 pm–7:30 pm
AFRICAN– March 5, 6:15 pm–7:30 pm

FIND OUT HOW A PLANT-BASED DIET IMPROVES HEALTH AND REDUCES DISEASE

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

CALL TO REGISTER:
(530) 422-7911

INFO, PRICE & MATERIALS:
ejuarz@weimar.edu