

# **FOOD AS MEDICINE**

## **NUTRITION AND COOKING CLASS**

**Sunday APRIL 19, 2015 (2:30PM TO 6:30 PM)**

**At the BETTER LIVING CENTER**

**1109NW GARDEN VALLEY BLVD**

**Roseburg, OR 97471**

- Come and enjoy cutting edge nutrition lecture and healthy dinner.
- Learn what nitric oxide can do for you and how to make it in your body.
- Learn how to fight the cancers and other diseases.

**Speaker: Stephanie Polizzi, MPH, RDN, CHES, OSU Extension Service Staff**

**Cooking Demo: Ramona Lee, RDN, LD, and others**

**Must register by calling: (541)672-1542 by Monday April 13, 2015**

**Plant-based Dinner**

**Fees: \$10.00 per person at the door**

**\$8.00 per person if paid by April 13, 2015**

**Remit checks payable to:**

**SDA Health Ministry, 1109 NW Garden Valley Blvd, Roseburg, OR 97471**

**Presented by the Roseburg SDA Church Health Ministry Department**