



Healthy Nutrition & Lifestyle Skills

Nutrition Workshop & Cooking Demonstration for Practical Ways to Improve Your Health

- Learn:**
- ❖ What foods are good for your health & easy to do
 - ❖ How to stock your refrigerator & pantry
 - ❖ How to make food substitutions
 - ❖ The low-down on reading food labels
 - ❖ Delicious recipes that are kind to your body
 - ❖ Easy ways to increase your physical activity
 - ❖ How stress affects health and what you can do

Who Should Attend: People with diabetes, Pre-diabetes, High Blood Pressure or Cholesterol, and those seeking a healthy lifestyle

When: One Saturday in each month: 10:00 am – 1:00 pm
1) Jan. 23, 2) Feb. 20, 3) Mar. 20, 2010

Where: Bay Area Nutrition, LLC >> [Map](#)
621 E. Campbell Ave., Suite 6B
Campbell, CA 95008

Cost: \$ 65.00 per session pre-paid at sign-up **To Sign Up:** www.SpaDining.com
\$ 96.00 for drop-ins or deferred billings

Instructors:

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