

Nutrition Pro

Cooking For Recovery Classes

with Ed Bauman, Ph.D., and Bauman Natural Chef Instructors

Vital Tools for the Nutrition Professional

Assist your clients to make permanent changes through cooking with fresh whole foods.



Time:

6-10 pm

Location:

Bauman College
10151 Main Street
Penngrove, CA



Cost:

\$85 per class
\$300 prepaid for series of 4 classes.
Cost includes client handouts, menus, recipes, and meal.

Register Now

Wednesday, July 22

Cooking for Blood Sugar Resilience: Overcoming Fatigue & Managing Stress

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, August 19

Cooking for Detoxification and Digestive Wellness: Gluten, Casein, Sugar Free Diets

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, September 23

Cooking for Natural Hormone Balance: For Weight, Mood and Menopause

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, October 21

Cooking for Cancer: Prevention, Treatment and Recovery

Assisted by Jennifer Una, Nutrition Educator, Natural Chef



BAUMAN COLLEGE
Holistic Nutrition and Culinary Arts

Call 800-987-7530
www.baumancollege.org