

FOREVER THE RAINBOW: How The Colors Of The Rainbow Can Save Your Life

A survey course of the powerful science-based approach to plant-based nutrition that will dramatically reduce your risk of cancer, diabetes, heart disease and obesity and improve your quality of life and happiness. Topics covered include: Nutrition fundamentals, Disease of Affluence and Principles in Practice. The course is for healthcare professionals and anyone interested in helping themselves and others to superior health. Textbook: Plant Lifecycle Nutrition, \$10

Text may be purchased from instructor prior to class.

SEP 9 THURSDAY 6-8:30PM

Location: Allied Health Center

Instructor: Madhava Das

Cost: \$37

LUNA COMMUNITY COLLEGE *Community Education*

www.luna.edu

FOREVER THE RAINBOW: Planning, Shopping & Preparing Fresh or Cooked and Enjoying

Lecture of the step-by-step, detailed implementation of the powerful science-based approach to plant-based nutrition that can dramatically reduce your risk of cancer, diabetes, heart disease and obesity and improving your quality of life and happiness. Topics include: Planning, shopping, preparing fresh or cooked delicacies and enjoying. Textbook: *Freestyle Rainbow Cooking* \$15

SEP 15 WEDNESDAY 6-8:30PM

Location: Allied Health Center

Instructor: Madhava Das

Cost: \$37

For registration information, call LCC @ 454-5311, or toll-free @ 1-800-588-7232, ext. 1204

