

The Power of Food for Cancer Prevention & Survival

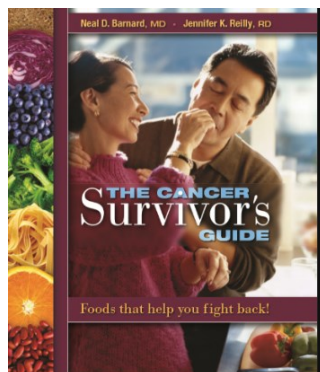
Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educator's include Kathleen Stienstra, MD, Karen Cunningham, and the LEAF team.

Thursdays, April 18- May 9, 2019 from 6:30 – 8:30 p.m.

Thursday, April 18 Introduction to How Foods Fight Cancer
Thursday, April 25 Fueling Up on Low-Fat, High-Fiber Foods
Thursday, May 2 Discovering Dairy and Meat Alternatives
Thursday, May 9 Cancer-Fighting Compounds and Healthy Weight Control



EACH CLASS INCLUDES:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
- Live cooking demos for 3 healthy recipes
- Food tasting for all demo recipes

LOCATION: The Maple Center, 1801 N 6th St. Terre Haute, IN
Larry P. Fleschner Classroom, Suite 400

REGISTER AT: www.themaplecenter.org - **DEADLINE is Wed. April 10, 2019**

COST: \$70* for the 4 class series - includes a **FREE** copy of The Cancer Survivor's Guide

*Thanks to private donations, limited sliding scale scholarships are available

For more information go to our website or call 812-234-8733

Sponsored by:



The Maple Center
for Integrative Health



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to www.themaplecenter.org to see upcoming classes and events.