



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: Sat. Sept. 13, 2008
10:00 am – 1:00 pm

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

Cost: \$55.00 per session **To Register:** Visit www.SpaDining.com

Instructors:

Stephanie Brooks, MS, RD

Bay Area Nutrition

408-370-7731

www.bayareanutrition.com

Cecilia Lam, BSc (Hons)

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408-957-0661

www.SpaDining.com

