



# *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) Apr. 10, 2) May 22, 3) June 19, 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](http://www.SpaDining.com)  
\$ 96.00 for drop-ins or deferred billings

### Instructors:

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