

# Weekly Lifestyle & Nutrition Classes



## T.H.I.P Total Health Improvement Program

*All Are Welcome*

~ADMISSION FREE~

[www.RoseburgTHIP.com](http://www.RoseburgTHIP.com)

Classes start July 11<sup>th</sup> & 12<sup>th</sup>

Throughout this weekly course, you will learn about nutrition, the underlying causes of many chronic illnesses, how to live a healthy lifestyle, the benefits of eating more whole plant-based foods, mindfulness, and personal health empowerment. Food demonstrations and samples are scheduled throughout.

New topics covered every week:

**Wednesdays  
2-4pm**

OR

**Thursdays  
5:30-7:30pm**

Classes take place at the  
Better Living Center  
1129 NW Garden Valley Blvd.  
Roseburg



To learn more  
contact **UC-VEG:**

Ph: 541-378-6359

[www.UCVEG.org](http://www.UCVEG.org)

Sponsored by UC-VEG

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- Umpqua Community Veg Education Group