

Weekly Lifestyle & Nutrition Classes



T.H.I.P Total Health Improvement Program

All Are Welcome

~ADMISSION FREE~

www.RoseburgTHIP.com

Contact us for next start date

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

UmpquaCommunityVeg@gmail.com

- Umpqua Community Veg Education Group



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

Ph: 541-378-6359

www.UCVEG.org

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