

Lifestyle & Nutrition Course



Learn new strategies to improve your health

Formerly known as THIP

New virtual on-line class starting August 6th

Throughout this 13 week course you will learn about nutrition, the underlying cause of chronic illness, how to live a healthy lifestyle, the benefits of eating more whole, plant-based foods, mindfulness, and personal health empowerment. Recipe demos are scheduled throughout the course.

To learn more contact UC-VEG:

P: 541-378-6359

Email: StayFresh@UCVEG.org

visit: www.UCVEG.org

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



UCVEG
umpqua community veg education group

This program made possible through the generous support of local partners, including:

