

Lifestyle & Nutrition Course



Learn new
strategies to
improve your
health

A free virtual class

New topics covered every week
Contact us for next start date

Throughout this 13 week course you will learn about disease prevention & reversal, the underlying cause of chronic illness, how to live a healthy lifestyle, the benefits of evidenced-based nutrition, mindfulness, and personal health empowerment. Recipe demos are scheduled throughout.

Thursdays
5:30-7:30pm



UCVEG
umpqua community veg education group

To learn more contact UC-VEG:

P: 541-378-6359

email: StayFresh@UCVEG.org

visit: www.UCVEG.org

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

