

# Lifestyle & Nutrition Course



Learn new  
strategies to  
improve your  
health

This free virtual course  
starts January 6th

Register here:  
[bit.ly/ucvegcourse](https://bit.ly/ucvegcourse)

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](mailto:StayFresh@UCVEG.org)

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

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