



**Interested in learning to cook healthy, whole foods?
Cook with our docs at Charlee's Kitchen!**

Fall FAME Series

Monday evenings

September 14 – December 7
6:00–7:30 p.m.

Thursday evenings

September 17 – December 17
No class November 26
6:00–7:30 p.m.

Early bird pricing (until August 31)

\$299 individuals
\$499 family rate (2 participants)

Regular price

\$349 individuals
\$599 family rate (2 participants)

- 90 minutes with a naturopathic physician each week
- Comprehensive nutrition workbook with recipes
- Cook and enjoy a healthy, complete meal each week
- BONUS! Free weekly whole-grain or legume package from Bob's Red Mill

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For class information and to register:
foodasmedicineinstitute.com/events/
or call **503.552.1540**



Charlee's Kitchen is located within
NCNM's Helfgott Research & Community Education Center
2220 SW First Avenue, Portland, OR 97201

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