



# Food as Medicine Everyday (FAME)

IMPROVE YOUR HEALTH WITH WHOLE FOODS.

## WINTER FAME SERIES – BEND, OREGON

Tuesdays, Jan 7<sup>th</sup> – March 24<sup>th</sup>, 2020  
6:00 – 7:30 p.m.

Early-bird pricing (Until Dec. 15<sup>th</sup>)  
\$249 Individuals  
\$449 family rate (2 participants)

Regular price (after Dec. 15<sup>th</sup>)  
\$299 Individuals  
\$549 family rate (2 participants)

**Location: Natural Grocers – Bend, Oregon**

- 12 weekly workshops that demonstrate simple techniques for selecting and cooking healthy whole foods.
- 90 minutes of nutrition education and hands-on cooking with nutritionists.
- Each registration includes a copy of the *Food as Medicine Everyday* book.

If you have questions or would like to join FAME in Bend, Oregon, please contact:

Allyson Fisher, MScN || 360-931-3348 || [allysonfisher77@gmail.com](mailto:allysonfisher77@gmail.com)

To learn more about the FAME program or to take a FAME series in Portland, Oregon, please visit:

<https://foodasmedicineinstitute.com/food-as-medicine-everyday-cooking-series/>

