

FAME: FOOD AS MEDICINE EVERYDAY



LEARN TO IMPROVE YOUR HEALTH WITH WHOLE FOODS!

- 12 Weekly workshops that demonstrate simple techniques for selecting and cooking healthy, whole foods.
- Each workshop is 90 minutes of nutrition education and hands-on cooking with a holistic nutritionist.
- Registration fee includes all 12 workshops as well as a copy of the “Food As Medicine Everyday” instructional cookbook.

SPRING FAME SERIES || April 7th – June 23rd, 2020

Natural Grocers – Bend, OR

Tuesdays @ 6:00 – 7:30 p.m.

\$249 Individuals, \$449 family rate (2 participants)

Cash or PayPal accepted

REGISTRATION or QUESTIONS: Contact Allyson Fisher, MScN

360-931-3348 || allysonfisher77@gmail.com

To learn more about the FAME program, please visit:

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