



**Summary of Bauman College Fall 2010  
Nutrition Essentials for Everyone Classes  
Detailed schedules follow**

<b>School</b>	<b>Start Date</b>	<b>End Date</b>	<b>Times</b>
Penngrove	09/27/10	11/15/10	Every Monday 6:00 - 9:00pm
Berkeley	09/29/10	11/17/10	Every Wednesday 6:00 - 9:00pm
Santa Cruz	09/28/10	11/16/10	Every Tuesday 6:00 - 9:00pm
Boulder	09/28/10	11/16/10	Every Tuesday 6:00 - 9:00pm

See Detailed Nutrition Essentials for Everyone Schedules  
by Classroom Location Below





**BAUMAN  
COLLEGE**

HOLISTIC NUTRITION  
AND CULINARY ARTS

P.O. Box 940

10151 Main St., Suite 128

Penngrove, CA 94951

707-795-1284

800-987-7530

FAX 707-795-3375

[www.baumancollege.org](http://www.baumancollege.org)

## **Nutrition Essentials for Everyone**

### **Penngrove Fall 2010 Schedule**

**Each three hour class provides an informative lecture, healing food demonstration with tasting and lively facilitated group discussion, focused on how to make and keep personal diet and lifestyle commitments. Each student will receive the *Nutrition Essentials Workbook* rich in practical articles, charts, recipes and learning activities.**

**Cost: \$495**

#### **Classes & Dates: Mondays, 6:00 pm – 9:00 pm**

<b>September 27</b>	<b>Eating for Health: Meet Your Nutrition Heroes</b>
<b>October 4</b>	<b>The Diet Disease Connection: Nutrition Bandits to Avoid</b>
<b>October 11</b>	<b>Lean Protein and Clean Fats: Best Choices for Growth and Repair</b>
<b>October 18</b>	<b>Colorful Complex Carbohydrates: A Rainbow of Cleansing Foods at Every Meal</b>
<b>October 25</b>	<b>Antioxidants: Food, Herb and Spice Protectors and Rejuvenators</b>
<b>November 1</b>	<b>Allergy Free Eating: Gluten and Dairy Free Recipes and Meal Plans</b>
<b>November 8</b>	<b>Metabolic Tune Up: How to Gain Vitality and Lose Weight</b>
<b>November 15</b>	<b>Sustainable Nutrition: An Eating for Health Banquet</b>



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## **Nutrition Essentials for Everyone**

### **Berkeley Fall 2010 Schedule**

**Each three hour class provides an informative lecture, healing food demonstration with tasting and lively facilitated group discussion, focused on how to make and keep personal diet and lifestyle commitments. Each student will receive the *Nutrition Essentials Workbook* rich in practical articles, charts, recipes and learning activities.**

**Cost: \$495**

#### **Classes & Dates: Wednesdays, 6:00 pm – 9:00 pm**

<b>September 29</b>	<b>Eating for Health: Meet Your Nutrition Heroes</b>
<b>October 6</b>	<b>The Diet Disease Connection: Nutrition Bandits to Avoid</b>
<b>October 13</b>	<b>Lean Protein and Clean Fats: Best Choices for Growth and Repair</b>
<b>October 20</b>	<b>Colorful Complex Carbohydrates: A Rainbow of Cleansing Foods at Every Meal</b>
<b>October 27</b>	<b>Antioxidants: Food, Herb and Spice Protectors and Rejuvenators</b>
<b>November 3</b>	<b>Allergy Free Eating: Gluten and Dairy Free Recipes and Meal Plans</b>
<b>November 10</b>	<b>Metabolic Tune Up: How to Gain Vitality and Lose Weight</b>
<b>November 17</b>	<b>Sustainable Nutrition: An Eating for Health Banquet</b>



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## **Nutrition Essentials for Everyone**

### **Santa Cruz Fall 2010 Schedule**

**Each three hour class provides an informative lecture, healing food demonstration with tasting and lively facilitated group discussion, focused on how to make and keep personal diet and lifestyle commitments. Each student will receive the *Nutrition Essentials Workbook* rich in practical articles, charts, recipes and learning activities.**

**Cost: \$495**

#### **Classes & Dates: Tuesdays, 6:00 pm – 9:00 pm**

<b>September 28</b>	<b>Eating for Health: Meet Your Nutrition Heroes</b>
<b>October 5</b>	<b>The Diet Disease Connection: Nutrition Bandits to Avoid</b>
<b>October 12</b>	<b>Lean Protein and Clean Fats: Best Choices for Growth and Repair</b>
<b>October 19</b>	<b>Colorful Complex Carbohydrates: A Rainbow of Cleansing Foods at Every Meal</b>
<b>October 26</b>	<b>Antioxidants: Food, Herb and Spice Protectors and Rejuvenators</b>
<b>November 2</b>	<b>Allergy Free Eating: Gluten and Dairy Free Recipes and Meal Plans</b>
<b>November 9</b>	<b>Metabolic Tune Up: How to Gain Vitality and Lose Weight</b>
<b>November 16</b>	<b>Sustainable Nutrition: An Eating for Health Banquet</b>



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## Nutrition Essentials for Everyone

### Boulder Fall 2010 Schedule

**Each three hour class provides an informative lecture, healing food demonstration with tasting and lively facilitated group discussion, focused on how to make and keep personal diet and lifestyle commitments. Each student will receive the *Nutrition Essentials Workbook* rich in practical articles, charts, recipes and learning activities.**

**Cost: \$495**

#### **Classes & Dates: Tuesdays, 6:00 pm – 9:00 pm**

<b>September 28</b>	<b>Eating for Health: Meet Your Nutrition Heroes</b>
<b>October 5</b>	<b>The Diet Disease Connection: Nutrition Bandits to Avoid</b>
<b>October 12</b>	<b>Lean Protein and Clean Fats: Best Choices for Growth and Repair</b>
<b>October 19</b>	<b>Colorful Complex Carbohydrates: A Rainbow of Cleansing Foods at Every Meal</b>
<b>October 26</b>	<b>Antioxidants: Food, Herb and Spice Protectors and Rejuvenators</b>
<b>November 2</b>	<b>Allergy Free Eating: Gluten and Dairy Free Recipes and Meal Plans</b>
<b>November 9</b>	<b>Metabolic Tune Up: How to Gain Vitality and Lose Weight</b>
<b>November 16</b>	<b>Sustainable Nutrition: An Eating for Health Banquet</b>