

## Bauman College: Boulder Location

1128 Pine Street

Boulder, Colorado • 800-987-7530

*(Classes held in the Community Center behind the First Congregational Church.)*

### Bauman College Cooking Demos at the Boulder Farmers' Market

Meet our Natural Chef faculty who will be providing quick tips on how to prepare fresh, local, and seasonal food once a month at the Boulder Farmers' Market.

One Boulder Plaza on the northwest side of 13th and Canyon.

**SATURDAYS, 10am-1pm:**

**May 10 • June 14 • July 19 • August 23 • September 20 • October 18**



*Mon., June 16: 7:00PM-8:30PM FREE*

#### **Enough Cancer! Nutrition to Stop This Plague**

Learn about cancer protective food, culinary and medicinal herbs and dietary supplements that you can use to increase and build your body's capacity to detoxify environmental toxins and metabolic carcinogens. *(Presented by Dr. Edward Bauman, M.Ed., Ph.D., Bauman College Director.)*

*Mon., July 21: 7:00PM-8:30PM FREE*

#### **Fitness Foods Fit You**

This lecture will share information on how a family can create and sustain a culture of health by integrating simple, practical suggestions from the *Eating For Health™* model created by Ed Bauman, M.Ed., Ph.D. *(Presented by Erin Livers, BA, ICNT, Bauman College Faculty.)*

*Mon., August 18: 7:00PM-8:30PM FREE*

#### **Sleep Solutions**

Can't get to sleep? Too much on your mind? Wired and tired at night? This

pattern is very common for middle aged adults who suffer from stress, toxicity, trauma and malnutrition. Learn the science behind sleep disturbance. Once we know what's keeping you awake, the proper natural remedies can be determined. *(Presented by Dr. Edward Bauman, M.Ed., Ph.D., Bauman College Director.)*

*Mon., Sept. 15: 7:00PM-8:30PM FREE*

#### **Nutrition Bandits**

Wonder why our children are overweight, inattentive, slow learners and disruptive? An *Eating For Health™* approach will be introduced to provide practical and delicious alternatives that can drive the nutrition bandits out of your cupboard. *(Presented by Erin Livers, BA, ICNT, Bauman College Faculty.)*

*Mon., Oct. 20: 7:00PM-8:30PM FREE*

#### **Lose the Blues**

Learn the nutritional needs of people struggling with mental health issues such as depression, anxiety and insom-

nia. This lecture will focus on specific foods, herbs and nutrients that stabilize mood, enhance energy and clear a cloudy mind. *(Presented by Erin Livers, BA, ICNT, Bauman College Faculty.)*

*Mon., Nov. 17: 7:00PM-8:30PM FREE*

#### **Holiday Healing Secrets**

This lecture will reveal the secrets of staying in balance during the season of indulgence. Discover ways to support health, regenerate, and recover from the effects of long-term poor eating. *(Presented by Erin Livers, BA, ICNT, Bauman College Faculty.)*

*Mon., Dec. 15: 7:00PM-8:30PM FREE*

#### **Eat Well for Winter Health**

Prevent colds, flu and other winter ailments by eating with the seasons. Learn which foods and practices strengthen your immunity, keep you warm and give you the energy you need for winter activities. Cooking tips and recipes will be provided. *(Presented by Erin Livers, BA, ICNT, Bauman College Faculty.)*

**Because these lectures are scheduled far in advance, please call the lecture location to confirm date and time.**

