

# HOLISTIC NUTRITION CULINARY SHOWCASE

**Boulder's Leading Health Experts**  
Feeding you practical solutions & inspiration for healthy living

**March 18**

**Ed Bauman, PhD \* Eating For Health: A New System, Not Another Diet**

*Bauman College Director, Educator and Author of Holistic Health Handbook and Recipes and Remedies Cookbook*

Meet the founder/Director of Bauman College and learn which foods promote strength, clarity and vitality while providing daily detoxification. Sample herbs, spices and sauces that add zest to fresh, local, seasonal natural foods.

**March 25**

**Alison Anton \* Delicious Fishes! Lecture and cooking demonstration**

*Natural Chef, Cooking Instructor, Food Writer*

Get educated on the wild vs. farmed debate, sustainable seafood, and the many benefits to eating fish.

**April 1**

**Lisa Turner \* Live To Be 100... Or Pretty Darn Close!**

*Chef, Food Writer and Author of Meals That Heal and Mostly Macro*

Discover how to eat in a way that brings pleasure, relaxation, and longevity into your daily dining experience.

**April 8**

**Jennifer Baccellieri \* Beating the Sugar Blues**

*BA Holistic Health, Certified Health Counselor and Educator*

Understand the daily ping-pong cycle of low energy, sugar cravings and the food/mood connection.

**April 15**

**Charley Cropley, ND \* The Yoga of Eating: Self-Healing Through  
Self-Nourishment**

*Naturopathic Physician, Educator of Nutrition and Health Pioneer*

Overcome your eating challenges by exercising the healing powers of your intelligence and kindness.

**April 22**

**Brigitte Mars \* Going Raw with Brigitte Mars**

*Raw Foods Expert, Herbalist, Best-Selling Author of Rawsome!*

Tired of feeling cooked, fried, burnt and toasted? Go raw with enzyme rich, healthful cuisine.

Healthy gourmet  
dinner included  
with each class!

**\$35 per class**

**Discount for Series  
at \$25 a class!**

**(Good until 3/18)**

**Tuesdays,**

**6:30-8:30 PM**

**First Congregational**

**Church,**

**1128 Pine Street,**

**Boulder**



**BAUMAN  
COLLEGE**  
HOLISTIC NUTRITION  
AND CULINARY ARTS

**Attend Ed Bauman's Class For Free  
When Registered For Classes By March 10**



**Register now!**  
[www.baumancollege.org](http://www.baumancollege.org)

See website for class/ menu descriptions.

**Preregistration required**  
**800-987-7530**

**COMING THIS FALL...BAUMAN COLLEGE  
NATURAL CHEF AND NUTRITION CONSULTANT TRAINING PROGRAMS!**