

BOULDER INTRODUCTORY EVENING

# Changing Lives ... One Bite at a Time



**BAUMAN COLLEGE**  
Holistic Nutrition and Culinary Arts

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS

## Monday, August 17

6:00 PM - 7:00 PM

### Introductory Evening

Find out more about Bauman College

View course materials and receive a detailed presentation on Bauman College, its philosophy, curriculum and employment opportunities.

Please RSVP to 800-987-7530 if you plan to attend. Directions are available on our website: [www.baumancollege.org](http://www.baumancollege.org)



**Enroll Now**

**RSVP:** (800) 987-7530

**LOCATION:** Bauman College  
1128 Pine Street, Boulder, CO  
The Community Center behind  
the First Congregational Church

7:00 PM - 8:30 PM

### Free Eating for Health™ Lecture: Portions: Size Matters with Lisa Lanzano, M.S., R.D.

Discover how to recognize proper food portions to maximize your health and control your weight. Never diet again!

DISTANCE LEARNING OR CLASSROOM:

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

CO: BOULDER; CA: BERKELEY - PENNGROVE - SANTA CRUZ  
**Call Today for a Free Catalog 800-987-7530**