

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, October 19

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)

7:00 PM - 8:30 PM

**Free**

## Eating for Health™ Lecture: Maintain Healthy Cholesterol Without The Drugs!

presented by **Erin Livers, B.A., ICNT**

Discover what diet and lifestyle changes you can make to lower your risk factor for heart disease and promote heart health through maintaining healthy cholesterol. Popular drugs and supplements will be discussed.

**Enroll Now**

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

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

DISTANCE LEARNING OR CLASSROOM: CO: BOULDER; CA: BERKELEY - PENNGROVE - SANTA CRUZ

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

**Call Today for a Free Catalog 800-987-7530**