

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, November 9

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: Natural Remedies for a Healthier Immune System

presented by **Brigitte Mars**

Learn how to fortify your immune system and build resistance to disease with food, herbal therapies, essential oils, and vitamin and mineral supplements.

**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**