



**BAUMAN COLLEGE**  
Holistic Nutrition and Culinary Arts

# Nutrition Pro

## Cooking For Recovery Classes

with Ed Bauman, Ph.D., and Bauman Natural Chef Instructors

### Vital Tools for the Nutrition Professional\*

Assist your clients to make permanent changes through cooking with fresh whole foods.



**Time:**

6-10 pm

**Location:**

Bauman College  
10151 Main Street  
Penngrove, CA

**Wednesday, August 19**

**Cooking for Detoxification  
and Digestive Wellness:**

**Gluten, Casein, Sugar Free Diets**

*Assisted by Jennifer Una, Nutrition Educator,  
Natural Chef*

**Wednesday, September 23**

**Cooking for  
Natural Hormone Balance:  
For Weight, Mood and Menopause**

*Assisted by Jennifer Una, Nutrition Educator,  
Natural Chef*

**Wednesday, October 21**

**Cooking for Cancer:  
Prevention, Treatment  
and Recovery**

*Assisted by Jennifer Una, Nutrition Educator,  
Natural Chef*



**Cost:**

\$85 per class

*Cost includes client  
handouts, menus,  
recipes, and meal.*

## Register Now

**Eligibility:** Bauman College student or graduate, student or graduate from a NANP approved educational institution, or practicing health care provider.

\* If you are not a nutrition or health professional and wish to attend this course, please email a notice of intent to [info@baumancollege.org](mailto:info@baumancollege.org) stating your interest in taking this course and previous experience working with whole food nutrition and culinary arts. We will let you know if there is a space for you in this program.

**Call 800-987-7530**  
**[www.baumancollege.org](http://www.baumancollege.org)**