

SANTA CRUZ

# Changing Lives

...One Bite at a Time

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS

**Free  
Community  
Lecture**

**Wednesday, August 19**

6:30 PM - 8:00 PM

## Supplements

### The Good, The Bad and the Ugly!

presented by

**Ramona Richard, B.A., N.C.**

Do you have supplement questions? Who doesn't? Bring your questions and get answers from Ramona Richard, a seasoned, non-biased nutrition expert.

- Find out which supplements are best for individuals and their particular health problems.
- Know what to look for and what to avoid.
- Understand how to identify quality.
- Find out which supplements you should know more about before purchasing.
- Learn what constitutes a good multi-vitamin.

**Ramona Richard, B.A., N.C.**

Ramona Richard graduated with honors from the University of California with a B.A. in Psychology. She holds a teaching credential from the State of California, and is a Bauman College certified Nutrition Consultant.

Ramona is the Bauman College Academic Coordinator.



### Location:

Bauman College  
3912 Portola Dr., Ste. 10  
Santa Cruz, CA



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