

SANTA CRUZ

# Changing Lives

...One Bite at a Time

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS

**Free  
Community  
Lecture**

**Wed., September 23**

6:30 PM - 8:00 PM

## **Nourishing Our Aging Parents (and yourself)**

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

As we age, our nutritional needs shift. "Maturity" is inevitable, but a rapid decline in health and vitality is not. Adult children often have to care for their parents as they become older and less independent.

In this lecture, we'll share with you ways to nourish your parents and yourself.

- Learn about quick and easy recipes for health and rejuvenation.
- Find out which natural remedies and nutrients protect mental function and improve mental agility.
- Learn how to improve circulation from the ravages of aging and more.

**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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