

SANTA CRUZ

Changing Lives

...One Bite at a Time

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS

**Free
Community
Lecture**

Super Charge Your Immune System for Fall and Winter

**presented by
Susan Arthur, B.A., N.C.**

Mother Nature provides us with a bountiful supply of foods we need to live healthy, long lives year-round. In this lecture, we show you how to boost your immune system, keep you healthy and warm your soul using local, organic and seasonal foods.

- Learn the basic guidelines for staying healthy.
- Learn what to shop for and how to select local, organic seasonal foods.
- Find out which nutrient dense foods supercharge your system and provide protection.
- Get recipes and menus for comforting, warming and delicious meals.

Susan Arthur, B.A., N.C.

Susan Arthur, B.A., N.C. has a BA in Psychology and is a Nutrition Consultant, Bauman College Instructor, and Distance Learning Mentor. She has worked in the field of nutritional health for more than twenty years.



Location:

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