

SANTA CRUZ

# Changing Lives

...One Bite at a Time

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS

**Free  
Community  
Lecture**

**Wed., December 9**

6:30 PM - 8:00 PM

## Healthy Holidays

presented by

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

### 'Tis The Season to be Healthy!

Start on your New Year's resolution to eat and live healthier **BEFORE** January 1st!

- Learn effective tips on navigating holiday challenges and temptations.
- Learn how sugar affects your health and not just your waistline.
- Get recipes and ideas for delicious alternatives and sweet treats.

#### **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:**

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



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