

TELECOMMUNITY LECTURE

# Changing Lives

## ...One Bite at a Time

Careers in *Holistic Nutrition and Culinary Arts*



To Participate:  
Dial-in Number: 1-712-432-3100  
Participant Access Code: 611488

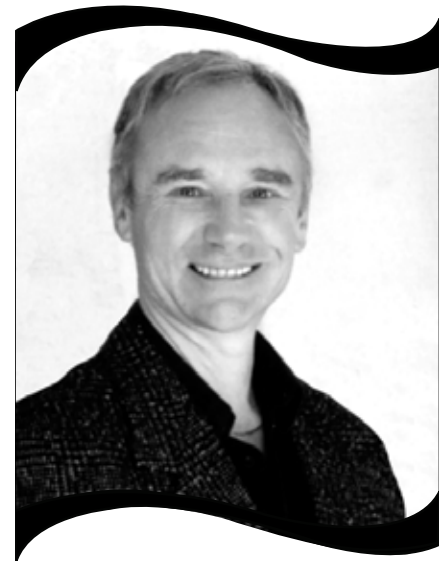
**Friday, October 23**

1:00 PM - 2:00 PM, (Pacific Time)

# LoSe The Blues

with **Dr. Ed Bauman, Director**

Dr. Bauman will discuss the nutritional needs of people struggling with mental health issues such as depression, anxiety and insomnia. This lecture will focus on specific foods, herbs and nutrients that stabilize mood, enhance energy and clear a cloudy mind.



*Edward Bauman, M.Ed., Ph.D. (University of New Mexico), is the Executive Director of Bauman College. He is a ground-breaking leader in the field of whole foods nutrition, holistic health, and community health promotion. Dr. Bauman created the 'Eating for Health' nutrition system which is the foundation of the Bauman College Nutrition and Natural Chef Training Programs. Ed is a delightfully wise, practical, and inspiring teacher and health mentor.*



**BAUMAN COLLEGE**  
Holistic Nutrition and Culinary Arts

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