

TELE-COMMUNITY LECTURE

Get a Taste of Bauman College

CAREERS IN HOLISTIC NUTRITION AND CULINARY ARTS



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

Friday, July 17

1:00 PM - 2:00 PM

Managing Stress and Blood Sugar

with

Dr. Ed Bauman, Director

Hypoglycemic? Gaining weight around the middle? Hoping to prevent Type II diabetes? Wondering how many carbohydrates are right for you?

Learn how to maintain great blood sugar control:

- * Rules for choosing your carbs
- * Planning meals to support glucose balance
- * Knowing why exercise is crucial
- * Selecting supplements that support your particular glucose imbalances or inherited predispositions



BAUMAN COLLEGE
Holistic Nutrition and Culinary Arts



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.

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