



BAUMAN COLLEGE
Holistic Nutrition and Culinary Arts

Nutrition Pro

Cooking For Recovery Classes

with Ed Bauman, Ph.D., and Bauman Natural Chef Instructors

Vital Tools for the Nutrition Professional*

Assist your clients to make permanent changes through cooking with fresh whole foods.



Time:
6-10 pm

Location:
Bauman College
10151 Main Street
Penngrove, CA



Cost:
\$85 per class
\$300 prepaid for series of 4 classes.
Cost includes client handouts, menus, recipes, and meal.

Wednesday, July 22

Cooking for Blood Sugar Resilience: Overcoming Fatigue & Managing Stress

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, August 19

Cooking for Detoxification and Digestive Wellness: Gluten, Casein, Sugar Free Diets

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, September 23

Cooking for Natural Hormone Balance: For Weight, Mood and Menopause

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Wednesday, October 21

Cooking for Cancer: Prevention, Treatment and Recovery

Assisted by Jennifer Una, Nutrition Educator, Natural Chef

Register Now

Eligibility: Bauman College student or graduate, student or graduate from a NANP approved educational institution, or practicing health care provider.

* If you are not a nutrition or health professional and wish to attend this course, please email a notice of intent to info@baumancollege.org stating your interest in taking this course and previous experience working with whole food nutrition and culinary arts. We will let you know if there is a space for you in this program.

Call 800-987-7530
www.baumancollege.org