



Tuesdays 6:00 – 8:00 pm
April 26th, May 3rd, 10th, and
17th
Sample 16 recipes with us!

Food —for— Life

NUTRITION & COOKING CLASSES 4-CLASS SERIES

- ❖ Intro to How Foods Fight Cancer
- ❖ Fueling Up on Low-Fat, High Fiber Foods
- ❖ Discovering Dairy and Meat Alternatives
- ❖ Cancer-Fighting Compounds and Healthy Weight Control



Sign up Madelyn Pryor:
480-276-7279 or email at
madelyngoblynqueen@yahoo.com

Class is \$40 & includes samplings of 16 recipes. Text/cookbook is loaned to students.

Location:

Blessed Sacrament Parish
11300 N 64th St
Scottsdale , AZ 85254

Sponsored by
The Cancer Project
www.cancerproject.org



Advancing Cancer Prevention and Survival through Nutrition Education and Research