



# Nutrition and Cooking Classes

*Join FFL licensed Instructor Roxanne Schuster*

**Where:**

Canon City Library  
516 Macon Avenue, CC

**When:** Saturday April 12, 2025

**Time:** 1:00 - 3:00PM

**The Power of Food for Healthy Weight Management- *The Power of Your Plate***-

The 1st in a series of classes that provides an approach to eating and starting a low-fat whole food plant based diet. A lifestyle that gives you control over your health by maintaining an ideal body weight, and protecting yourself from Heart Disease, Diabetes, and Cancer.

**Each class features nutrition education and cooking demonstrations. Recipes and samples provided.**

*Cash donations to help support cost of food and materials is appreciated.*

**Registration Required**

**Email- [roxanne@consciouschoiceliving.com](mailto:roxanne@consciouschoiceliving.com)**

**Or call or text Roxanne at 719-660-5739**

Physicians  
Committee  
for Responsible Medicine

