



Nutrition and Cooking Classes

Join Licensed FFL Instructor Roxanne Schuster

Where:

*Seventh-Day Adventist Church
3180 E Main St. Canon City*

When: *Monday April 7, 2025*

Time: *11:00AM -1:00PM*

Introduction to How Foods Fight Cancer- Certain diet patterns seem to have a major effect in helping people with cancer to live longer, healthier lives. According to the National Cancer Institute, 90% or more of cancer cases stem from environmental and lifestyle factors and are potentially preventable. In this class you will learn about the right food choices that can help reduce your risk of developing cancer as well as prevent a recurrence.

Cooking demonstration, recipes and samples provided.

Cash donation to support cost of food and materials is greatly appreciated.

Registration Required

Email-

roxanne@consciouschoiceliving.com

or text or call 719-660-5739

**Physicians
Committee**
for Responsible Medicine

