

Nutrition for Better *Mind and Body*

You are invited to a 3-day free Health and Nutrition seminar and cooking demo

May 4 - 6, 2018

*Presented by nutritionist
and health educator*

María José Hummel



Topics that will be presented

Friday May 4th - 7:00 pm
"Winning the War on Cancer"

Saturday May 5th - 11:00 am
"How Not to Die"

Saturday May 5th - 2:30 pm
"Diabetes: Causes and Solutions"

Sunday May 6th - 4:00 pm
Plant-Based Cooking Class

Everyone is invited!!

Cambrian Park Church

5265 Carter Avenue

San Jose, CA 95118

For more details call: Merredith @
408-307-5194

