

FOOD FOR LIFE



Cancer Project

The Power of Food for Cancer Prevention and Survival

Class Series with Living Plate's Jeanne Petrucci

Food for Life: Cancer Project, 4-Class Series
Jan. 20, Jan. 27, Feb. 3 and Feb. 10, 1-3 pm.
Hosted by Dean's Natural Food Market
Presented by: Living Plate LLC

25 Mountainview Blvd., Basking Ridge 908-495-1600

\$65/person for series. Registration required, class size is limited.

Certain diet patterns seem to have a major effect in helping cancer survivors to live longer, healthier lives. Numerous studies have shown that a diet built from plant foods offers the most cancer-fighting protection of any diet plan. Reviews by the American Institute for Cancer Research showed that as much as 40% of cancer risk may be related to diet.

The Food for Life: Cancer Project classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, experience the benefits of plant-based nutrition and learn the practical cooking skills needed to help you on your journey to better health. Attendees will do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes.

The 4 session class includes cooking demonstration, food sampling, recipe packet and guide to on-line resources. Go to www.livingplate.com to register [from the "Classes and Events" tab follow link for Food for Life Class] or visit the nutrition services desk at Dean's Natural Food Market in Basking Ridge.



All profits from this class will benefit the Cancer Support Community of Central New Jersey in Bedminster. Every day, people with cancer and their loved ones find support, education and hope at Cancer Support Community Central New Jersey (formerly The Wellness Community of Central New Jersey).



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