

Castro Valley Adult and Career Education

NEW!

NUTRITION FOR LIFE CLASSES

Whole Food Nutrition for Cardiovascular Health

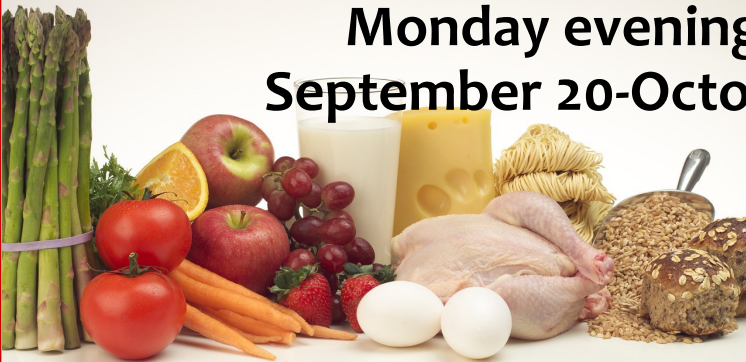
Cardiovascular disease — high cholesterol, elevated triglycerides and hypertension is a primary health concern in today's society.

Students will understand:

- ◆ **Session 1:** Physiology, symptoms, diagnoses and lab tests associated with heart disease.
- ◆ **Session 2:** The role of nutrition and explore the dietary habits that undermine cardiovascular health and how you can improve function with the right foods.
- ◆ **Session 3:** A healing lifestyle and the pivotal role of stress in promoting imbalance.

Monday evenings, 7:00 - 9:00 pm

September 20-October 4, 2010 ◆ \$75.00



Each class will include therapeutic herbal teas, numerous recipes, samples to taste, and some basic food preparation demonstration.

Whole Foods Cooking class

NEW!

Eat more vegetables, healthy fats and whole grains to support good health, immunity and detoxification.

Students will understand:

- ◆ What are superstar foods and their powerful health benefits
- ◆ How to prepare several nutrient-dense and delicious dishes and desserts (in class)
- ◆ Recipes, shopping tips and helpful educational information

Saturday, 1:00 - 4:30 pm

December 4, 2010 ◆ \$75.00

Necessary food items are included in the price of the class

ABOUT THE INSTRUCTOR: Susan Blanc is an herbalist and nutrition educator. She graduated from the University of California, Berkeley with highest honors in 1980, studied Herbalism for 6 years with local national experts, and received her holistic nutrition credential from Bauman College in 2007. She has served as a consultant to the California Association of Naturopathic Physicians and has also worked at the Sonoma County Herb Exchange, a grower's coop for fresh medicinal herbs. Susan is a member of the American Botanical Council, the American Herbalists Guild and the National Association of Nutrition Professionals.

REGISTRATION:

ONLINE: www.cvadult.org

◆ **BY TELEPHONE:** 510-886-1000

IN PERSON: 4430 Alma Avenue, Castro Valley 94546

Great Students - Great Staff - Great Expectations!