Cooking for Heart Health
March 12, 11 a.m.-1 p.m.
Florence Rothenberg, MD

Explore the life-enhancing, health benefits of heart-healthy foods.
Course participants will:
• Learn how the benefits of the Mediterranean Diet were "discovered"
• Understand the research supporting the benefits of these food choices
• Consider "obstacles" to better health in your life: can you be more Mediterranean in your choices?

REGISTER ONLINE

$65 with Farm-fresh lunch included

UC Center for Integrative Health and Wellness
Community Programs at the Turner Farm Teaching Kitchen