Food As Medicine: The Power of Diet
April 9, 11 a.m.-1 p.m.
Mary Ann Barnes, MD

A focus on diet and wellness can reduce risk of illness, complement treatment and impact outcomes. However, it is sometimes difficult to assess the nutritional value of the foods we eat.

Course participants will learn:
• How to go past the food label to assess the benefit of the foods we eat
• The pertinent regulations regarding food packaging and advertisement
• How to choose foods to optimize health and prevent disease

REGISTER ONLINE

$65 with Farm-fresh lunch included

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

Hands-on Teaching Kitchen Experience