

# FOOD FOR LIFE

## NUTRITION AND COOKING CLASSES

### CANCER PREVENTION & SURVIVAL

PCRM's Food for Life program is delighted to bring valuable, lifesaving nutrition information to the Dallas-Ft.Worth community.

Join Food for Life instructor Regina Wieland in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**LEARN** the latest nutrition information and how to prevent cancer, diabetes & heart disease.

**ENJOY** cooking demonstrations

**TASTE 12** healthy, delicious dishes

**SHARE** your experiences in a supportive group setting



**Regina Wieland**

Instructor – 682-560-1072

**To Register** 972-437-5463



**Mondays**  
**March 9,16,23,30**  
6 – 8 pm

**\$40**  
Registration is  
required by March 2

Introduction to How Foods Fight Cancer  
Fueling Up on Low-Fat, High-Fiber Foods  
Favoring Fiber  
Discovering Dairy Alternatives  
Replacing Meat  
Cancer-Fighting Compounds and Immune  
Boosting Foods  
Maintaining a Healthy Weight Control

\*Textbook is available during class for \$20. Questions, call 469-204-6100

**LOCATION**

**Methodist Richardson Cancer Center, 2<sup>nd</sup> floor**  
**2805 President George Bush Freeway**  
**Richardson, TX**

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

**PCRM**  
Physicians Committee for  
Responsible Medicine



**FOOD FOR LIFE**  
Cancer Project