

## ***Yes to Life*** ***Nutrition & Cooking Classes***

***Helping Alaskans to discover the joy of living healthier, happier and more vibrant lives.***

Most Americans are not aware of the relationship between nutrition and many of the most common and debilitating diseases in the USA.

Research shows that between 1/3 and 2/3 of all cancers, Type 2 diabetes, heart disease and obesity are linked to the unhealthy Standard American Diet (SAD). **Our diet is killing us!**

Our innovative, fun and inspiring nutrition and cooking classes teach you how the right food choices can help prevent cancer and increase the chances of survival, and reverse Type 2 diabetes, heart disease and obesity.

If you have Type 1 diabetes, this same healthy diet can help to manage blood sugar by reducing insulin resistance and prevent or reduce many of the complications of diabetes: kidney disease, heart disease, blindness and amputations.

We also teach people how to improve their health while losing weight in our ***Healthy Weight Loss*** class.

These classes empower individuals and families to take action to improve their health and vitality.

Classes are held regularly in Anchorage and Wasilla, where hundreds of people are learning how to improve their health through a whole-foods, low-fat, plant-based diet.

These ***Nutrition and Cooking Classes*** are offered as a 7 week series, meeting weekly for 7 weeks. Each class is 2 hours and consists of nutritional education and a cooking demonstration, with an opportunity for participants to then sample the healthy and delicious food.

***Registration & class schedule:*** [www.yestolife.info](http://www.yestolife.info)

## ***Yes to Life*** ***Nutrition & Cooking Classes***

### **Cancer Prevention and Survival**

#### **Anchorage**

**St. Anthony's Catholic Church**

825 S. Klevin Street

**Mondays, March 5 - April 16, 2012, 6 - 8 p.m.**

### **Healthy Weight Loss** ***New Class!***

#### **Anchorage**

**Providence Family Medicine Center**

1201 E. 36th Ave.

**Wednesdays, March 7 - April 18, 2012, 6 - 8 p.m.**

#### **Anchorage**

**Providence Family Medicine Center**

1201 E. 36th Ave.

**Thursdays, March 8 - April 19, 2012, 6 - 8 p.m.**

*To be notified about future classes go to [www.YestoLife.info](http://www.YestoLife.info) and add yourself to our email list.*

### **PREREGISTRATION REQUIRED!**

**All classes meet weekly for 7 weeks.**

***Early bird registration: \$90/person***

**Regular registration: \$100/person**

**Class size limited to 30. Register soon!**

**To register: go to [www.yestolife.info](http://www.yestolife.info)**

**or call Delisa or Charlie, 907-373-1526**

**For more information: [delisa@yestolife.info](mailto:delisa@yestolife.info)**