

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 US.

1/3 to 2/3 of cancers, Type 2 diabetes, heart disease and obesity are directly linked to our unhealthy Standard American Diets (SAD). **Our diet is killing us!**

Our fun, innovative nutrition and cooking classes show you how you can eliminate or reduce your reliance on medications and surgeries that only manage symptoms and achieve a healthy, vibrant life simply by adopting a whole-foods, low-fat, plant-based diet.

Classes Starting Soon

Cancer Prevention & Survival

Anchorage

St. Anthony's Catholic Church

Mondays, Mar. 5 - Apr. 16, 2012, 6 - 8 p.m.

Diabetes Prevention or Reversal

Anchorage

Providence Family Medicine Center

Tuesdays, Mar. 13 -Apr. 24, 2012, 6 - 8 p.m.

food

health

New Class! Healthy Weight Loss

Anchorage

Providence Family Medicine Center

Wednesdays, Mar. 7 -Apr. 18, 2012, 6 - 8 p.m.

fun

Anchorage

Providence Family Medicine Center

Thursdays, Mar. 8 -Apr. 19, 2012, 6 - 8 p.m.

life

PREREGISTRATION REQUIRED!

All classes meet weekly for 7 weeks.

Early bird registration: \$90/person

Regular registration: \$100/person

To register: online... www.yestolife.info

or call Delisa or Charlie, 907-373-1526

Classes are limited to 30. Register soon!

Cooking Instructor:

Delisa Renideo

*for more information
call 907-373-1526*

email: delisa@yestolife.info

website: YesToLife.info

