



Physicians Committee for Responsible Medicine 3-week  
cooking class series!!

***Kickstart Your Health in the New Year  
with Food for Life Instructor Tamera Wilhite***

1st Class-Power of your plate

Tuesday, February 3, 2026 05:30PM to 07:30PM

Potato and Kale Enchiladas with homemade Roasted Chile  
Sauce, Mashed Sweet Potatoes and Chocolate Mousse

2nd Class-Fueling Up on Low-Fat, High-Fiber Foods

Tuesday, February 10, 2026 05:30PM to 07:30PM

Homemade Refried Beans over pasta with toppings and  
Blueberry Cobbler

### 3rd Class-Plant Based Breakfast

Tuesday, February 17, 2026 05:30PM to 07:30PM

Scrambled Tofu, Herb Roasted Potatoes and Banana Oatmeal Pancakes

Held at the First Christian Church of Springfield

395 W Centennial

Springfield, Or 97477

<https://www.livelifestylemedicine.com/>

Please join me for this three-week class series. Each class will have a short lecture, full cooking demonstration and sampling the food prepared. The cost is \$20.00 per person, per class and includes copies of recipes prepared and handouts for each class.

This series is intended to introduce fast and easy ways to prepare grains, legumes, and vegetables and increase overall plant intake. I will do my best to teach to the interests of the attendees. You will leave each class with several recipes and ideas for meal preparation for the coming week. I will also provide resources for ongoing support. This is a three-week commitment. Fee of \$60 will be collected at first class. Cash or check accepted.

Register by emailing [tamera@powerplatenutrition.com](mailto:tamera@powerplatenutrition.com) or texting/calling me at 541-221-3585.

Class limited to 15 participants, so please register early. I hope to see you in class!