



EPBP is hosting a 4-week cooking class series!!
***The Power of Plant-Based Nutrition for Health
with Food for Life Instructor Tamera Wilhite***

Kickstart Your Health: The Power On Your Plate
Friday, June 13, 2025 06:00PM to 08:00PM

Let's Go! A Healthy Menu
Friday, June 20, 2025 06:00PM to 08:00PM

Getting In Gear! Tackling Cravings and Destructive Eating
Friday, June 27, 2025 06:00PM to 08:00PM

Going To The Max! Protecting Every Cell and Slowing the
Aging Process
Friday, July 11, 2025 06:00PM to 08:00PM

Held at the Irving Grange
1011 Irvington Dr
Eugene, OR 97404

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

Please join me for this four-week class series. Each class will have a short lecture, full cooking demonstration and sharing of the food prepared. The cost is \$20.00 per person, per class and includes the companion book 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health by Neal Barnard, as well as 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, and I am open to recipe suggestions for demonstrations as long as they are whole food-plant based. 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 four-week commitment. Fee of \$80 will be collected at first class. Cash or check accepted.

Some recipes we'll be making:

Cauliflower Alfredo Pasta

Brown rice, Easy Chili, Sautéed Kale with Mushrooms

Oatmeal-banana Pancakes with Tofu Scramble

Apple-Cherry Crisp

And much more!

To register or if you have questions, email me at tamera@powerplatenutrition.com or text/call me at 541-221-3585.

Class limited to 12 participants, so please register early. I hope to see you in class!