CANCER SUPPORT COMMUNITY
GREATER ST. LOUIS

(Formerly The Wellness Community)

JERRY PASS COOKING FOR WELLNESS – RSVP

Bridgette Kossor, Plant-Based Food and Macrobiotic Educator is BACK!

Peace, Love, and Food, Part I – RSVP

Monday May 14th • Noon-2:00 PM

Bridgette is back with this vegan/plant-based class, which will offer you an innovative and useable view of whole and processed foods and how they can contribute to creating or eroding feelings of peace, ease and happiness This is an appropriate class for people with body image issues, weight loss goals, and a focus on improving health and seeking overall knowledge about how food can change your mood.

Peace, Love, and Food, Part II – RSVP

Tuesday June 12th • 6:00-8:00PM

Having entered the realm of feelings and food, this class will explore specific foods and recipes that will help you shift your mood, energy and level of happiness. Food is one of the most powerful tools available to help the body be in balance. It may also affect cognition and can recreate past feelings or aid in creating new ones. This class will give you the tools to begin (or continue) that process through food choices.

Where:

Cancer Support Community
Miss Mary's Kitchen
1058 Old Des Peres Road
St. Louis, MO 63131

RSVP:

Call Cancer Support Community
At **314-238-2000**,
or sign up online at
www.cancersupportstl.org

Important- Please Read:
Cooking classes, while free to members, are expensive to program. **Therefore, we require registration in advance AND direct confirmation from members just prior to the program.**

Please do not attend if you have not spoken with or left a message for staff 24-48 hours in advance, as your place will have been given to someone on the waiting list. Thank you.