

# Nutritional Tools for Self Healing

with Dr. Ed Bauman

MEET and  
GREET

Friday, July 21

Food IS Medicine

6-7:30 pm, FREE, Danville Pilates Center

## Program

Friday, July 28

Healthy Aging

7-9 pm - \$25

\$150 for  
Full Day

Saturday, July 29

Gut-Brain - Thyroid Connection

9:30 am-Noon - \$75

'Flavors of Health' Lunch and Learn

12.15-1:45 pm - \$25

Healing Cancer, Preventing Recurrence

2-4:30 pm - \$75

Danville Congregational Church

Slide notes, recipes and supportive materials provided for participants with registration.

Renowned Holistic Nutrition Expert

Dr. Ed Bauman

Founder & President, Bauman College:

Holistic Nutrition + Culinary Arts

Author of Flavors of Health Cookbook &  
Whole Food Guide For Breast Cancer Survivors



To Register

[danvillepilatescenter.com](http://danvillepilatescenter.com) / (925) 820-9100

