

# FOOD FOR LIFE

## NUTRITION AND COOKING CLASSES

### JOIN US IN THE KITCHEN

PCRM's Food for Life program is delighted to bring valuable, lifesaving nutrition information to the TriCities community.

Join Food for Life instructor Nancy Lyons, RN, MN, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

**LEARN** the latest nutrition information

**ENJOY** cooking demonstrations

**TASTE** healthy, delicious dishes

**SHARE** your experiences in a supportive group setting

Questions:

[nblyons53@gmail.com](mailto:nblyons53@gmail.com)



**RSVP Required:**

**509-376-3939**

or

[omchew@rl.gov](mailto:omchew@rl.gov)



## How Foods Fight Diabetes

Tuesday, September 10, 2013

Time: 2 – 4 pm

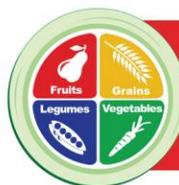
HAMMER Admin Room 10/11

Hanford employees and their spouses are welcome to this free event.

Please obtain your manager's approval to attend during work time.

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

**PCRM**  
Physicians Committee for  
Responsible Medicine



**FOOD FOR LIFE**  
Diabetes Initiative