



# *Yes to Life*

## *Healthy Holiday*

### *Cooking Class*



Holiday meals are typically very unhealthy, loaded with fat, sugar and calories. Delisa Renideo, instructor for Cancer Project Food for Life Nutrition and Cooking Classes, will show how to prepare foods that are both very delicious and appetizing, and are actually health promoting! Delisa will demonstrate how to prepare a healthy, nutritious, low-fat, plant-based meal that looks and tastes traditional, from the cranberry relish to the pumpkin pie.

#### ANCHORAGE

##### **Providence Cancer Center**

3851 Piper St., Building U2, Room 2285

Anchorage, AK 99508

**Wednesday, November 11 & Tuesday, November 17, 2009**

**6:30 - 8:30 PM**

#### WASILLA

##### **Dayspring Enrichment Center**

1/2 mile, Edlund Road, Wasilla, AK

**Thursdays, November 12 & 19, 2009,**

**6:30 - 8:30 PM**

#### **PRE-REGISTRATION IS REQUIRED!**

**Cost: only \$40 for this 2 class series.**

**Seating is limited to only 30 participants.**

**Don't wait! These classes will fill up!**

**To register, call Delisa or Charlie at 907-373-1526  
or email [delisa@yestolife.info](mailto:delisa@yestolife.info).**

