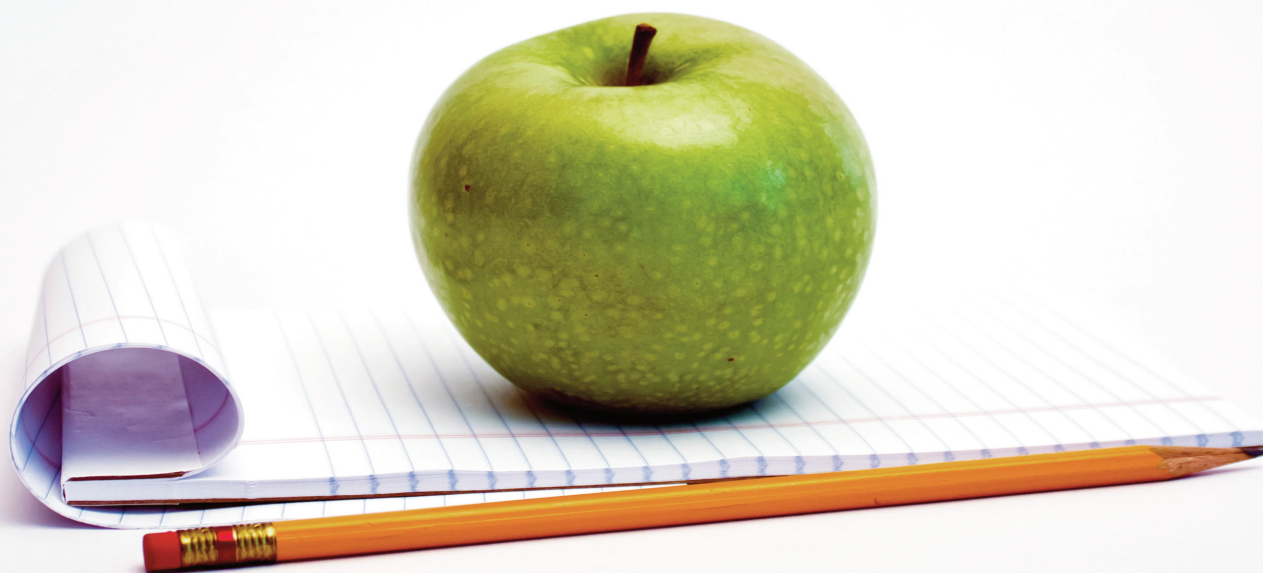




# ***Nutrition Education Programs***

- Lunch & Learns
- Corporate Wellness
- Group Nutrition Classes



***Classes are free. In your office facility, home, church or our kitchen.***

*(You do not have to have a kitchen to host classes)*

*Classes Offered:*

- Cancer Prevention
- Diabetes Reversal
- Alzheimer's Prevention
- Heart Disease Reversal
- Food Addiction 911!

*Classes can be tailored to last from 1 - 2 hours and include printed recipes, nutrition information and a full meal.*

*Call 817-526-4811 for more details!*

# Katherine Lawrence has taught over 4,000 students nutrition & disease prevention.

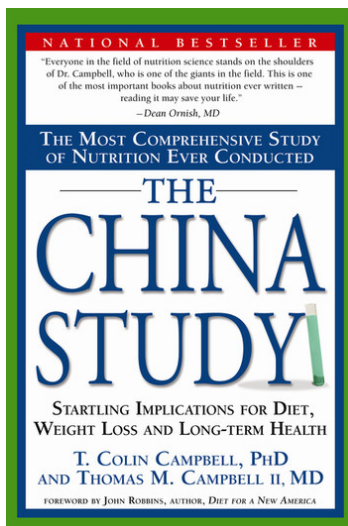


Katherine is the National Instructor Trainer for the **Food For Life** program and has worked side-by-side with **Dr. Neal Barnard** (the founder) on presentations. She also contributed to his new book "*The Cheese Trap*". He is the author of 16 best-selling books on nutrition & disease.

**Physicians Committee**  
for Responsible Medicine  
PCRM.org



Katherine has worked for **T. Colin Campbell, PhD** and author of "*The China Study*". She was an instructor and managed the eCornell certificate online program authored by Dr. Campbell from 2011-2014. It is the only online program where doctors, dieticians and others can earn continuing education credits on nutrition.



## Partners who have utilized our education programs:



**Serve your patients -- Lower employee healthcare rates -- Support family**