Present

The Cancer-Fighting Kitchen
Rebecca Katz, MS
and
Jeanne Wallace, PhD
SCHEDULE FOR THE DAY

8:00 a.m. Registration opens
9:00 a.m. Presentation by Jeanne Wallace, PhD
10:30 a.m. Break
10:50 a.m. Cooking Demonstration by Rebecca Katz, MS
12:30 p.m. Nutritious Delicious Lunch of the same recipes
1:30 p.m. Discussion and Q&A with Rebecca Katz
2:30 p.m. Q&A with Jeanne Wallace
3:30 p.m. End of program

WORKSHOP INFORMATION

Who Should Attend
• Anyone wanting to promote healing of mind, body, and spirit
• Women and men touched by cancer or any life-altering illness
• Healthcare providers
• People supporting friends or family coping with cancer or other illness

At This Workshop You Will Learn:
• Diet strategies that strengthen the body’s resistance to cancer, complement medical care, and bolster recovery after treatment;
• What specific foods can significantly boost the body’s innate ability to resist cancer;
• To utilize standard lab testing to evaluate nutritional factors that may influence cancer outcomes;
• Which foods are most important to avoid (and explore healthy substitutes);
• How some foods (and spices) can alter gene expression, turning off cancer-promoting signals;
• To compare conflicting data and controversial claims of various anti-cancer diets and dietary supplements from a non-dogmatic, evidence-based model;
• How to use flavor carriers to create healthy food that tastes great and is good for you;
• How to minimize the costs of food while maximizing health;
• What kitchen equipment is the safest and most cost effective to have in your kitchen.

Registration Fee (includes lunch):
Early Registration $89 if postmarked or received online by August 29
Registration $109 if postmarked or received online by September 19
Late Registration $125 after September 19 (may not include lunch)

Partial Scholarships and Work Exchange Available
If you want to attend this one-day workshop and are financially challenged, you can apply for a partial work exchange or partial scholarship. Please complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you. Applications must be received by September 12.

Date and Time
Friday, September 23, 2011 • 9 a.m. to 3:30 p.m.

Lunch - a delicious, healthy lunch, prepared using recipes from Rebecca’s books, will be provided.

Continuing Education
Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953. Washington Boards accept California Board approval.

Cancellations
Cancellations received in writing or online before September 19th will receive a refund less a $15 administrative fee.

For Further Information
800-423-9882 or www.healingjourneys.org