



About the Classes

Classes will include a 30-minute lecture and **60-minute food demo and eating experience.** Food is included!

Partial class descriptions can be found on this brochure. You may request a full list with all class descriptions at your clinic.

About Ceres

Ceres Community Project trains teens in leadership skills and in growing and cooking healthy whole foods. The meals they prepare--100,000 in 2018--are delivered to primarily low-income clients and their families in Sonoma and Marin counties who are facing a serious illness like cancer.

We are committed to educating our clients, and our teen and adult volunteers, with the information, inspiration and practical tools to make healthy eating a way of life, and to providing a way for our community to form the meaningful connections and sense of purpose and belonging that are equally important for well-being and health.

About the Instructors

Paige Doyle, is a Holistic Nutrition Consultant located in Northern California. She sees clients throughout Sonoma County at the local apothecary and integrative clinic, Farmacopia, in Santa Rosa, CA. She also works over the phone and online to help clients with weight management, balancing blood sugars, healing the gut, hormonal balancing and mood/sleep disorders. Paige customizes her food, herb, and supplement recommendations to suit each person's individualized needs.

Thais Harris, is a Holistic Nutrition Consultant, founder of Nourish Together, and is a nutrition instructor at Bauman College. Thais believes in whole foods and their power to heal. After earning a Bachelor's degree from the California Institute of Integral Studies, Thais graduated from Bauman College. She grew up in Southern Brazil, where she also studied International Affairs. Thais is on a journey to improve the way she shows up for herself and – by consequence – for everyone she comes in contact with, with more mindfulness and presence. She loves to help others achieve the weight balance, energy level, and overall wellbeing they long for.

Jenny Helman, is a Holistic Nutrition Consultant, graduated with honors from Bauman College. After a career in the wine industry, Jenny changed paths to combine her passion for healthy eating with a desire to help others change their health through nutrition. Jenny has a private practice, Healdsburg Nutrition, and also teaches nutrition seminars.

Amanda Newman-Crutcher, Nutrition Education Manager of Ceres Community Project, Amanda received a BS from Reed College where she did clinical research on nutrition and wellness. Her graduate studies were in Traditional Oriental Medicine at the New England School of Medicine, and in Asia. While studying and working in Asia Amanda began a life- long practice of Vipassana meditation. Amanda is currently completing a masters degree in Human Nutrition and Functional Medicine at the University of Western States.

Irema Sivcevic, MS Nutrition Educator has a Masters degree in Holistic Health and Nutrition Education. After a successful engineering career, Irema's passion for healthy foods steered her towards the field of holistic nutrition. She teaches nutritional workshops and programs throughout the Bay Area.

Sandra Tafur, a Holistic Nutritional Consultant, grew up in Columbia, coming to the USA as a student. Sandra is devoted to sustainable agriculture, knowing the connection between nutrient dense soil and nutrient dense foods. Sandra is living a life devoted to social equity and deep environmental awareness; Working as an advocate for clean energy in the local wine business, raising her two children, and inspiring those around her with powerful values and actions.

CERES COMMUNITY PROJECT | ceresproject.org
SONOMA VALLEY COMMUNITY HEALTH CENTER | svchc.org

CERES COMMUNITY PROJECT NUTRITION FOR WELLNESS

Cooking & Eating for Better Health

2019 Class Dates
4th WEDNESDAYS
5:30 to 7:15 PM

Jan 23
Feb 27
Mar 27
Apr 24
May 22
Jun 26
Jul 24
Aug 28
Sep 25
Oct 23
Dec 4 (1st Wednesday)
Dec 18

All classes are free & open to the public!

REGISTRATION
Call 707-939-6070 #112
or visit signup.com/go/DnWcdnY
or email events@svchc.org

ALL CLASSES HELD AT
Sonoma Valley
Community Health Center
119270 Sonoma Highway
Sonoma CA 95476



CERES COMMUNITY PROJECT NUTRITION FOR WELLNESS

Cooking & Eating for Better Health

A free nutrition and cooking class series -
Food included!

Support your health and increase your daily sense of well-being with practical advice on how to make healthy food choices and create delicious and healthy meals for you and your family.

Todas las clases están disponibles en español el tercer miércoles de cada mes.
Llame al 707-939-6070 #112

Brought to you by



2019 Class Schedule

4th WEDNESDAY OF THE MONTH
5:30 TO 7:15 PM

LOVE UP YOUR HEART
1/23 Heart-Healthy Fats 2/27 Know Your Packaged Food Ingredients 3/27 Eating Heart-Healthy on a Budget
MANAGE YOUR SUGAR
4/24 Blood Sugar: Impact of Foods 5/22 Uncover Sugar in Processed Foods 6/26 Sugar and Inflammation
YOU ARE WHAT YOU DIGEST
7/24 Restore Your Digestive Power 8/28 Eating for Digestive Health on a Budget 9/25 Gut-Healthy Fats & Carbs
DE-STRESS YOUR LIFE
10/23 Build Immunity with Foods 12/4 Less Stress = Less Inflammation 12/18 Party-Time: Healthier Holidays (Bilingual)



LOVE UP YOUR HEART

We will focus on nutrition and lifestyle topics related to heart health and together we will experience dishes like “Greens with Carrots, Walnuts, and Brown Rice,” “Cauliflower Couscous,” and “Lentil Salad with Seasonal Variations.”

Classes will include discussion of unhealthy fats to avoid, and identify healthy fats and oils, and ways to incorporate them into a healthy lifestyle and diet. We will also discuss heart-healthy proteins and how a balanced diet can decrease your risk of developing heart disease. We will demystify inflammation and learn about anti-inflammatory foods and lifestyle practices, and then wrap up the series by finding out how to make a healthy lifestyle fit into our budget.

MANAGE YOUR SUGAR

Knowing how to balance your blood sugar is critical for everyone. Trying to lose weight, increase your energy, improve your mood, or better manage your diabetes?

These classes are for you.
We will sample delicious soups and hearty salads.

Learn how your blood sugar can impact every aspect of your life! Be a pro at reading processed food labels and support your weight management by understanding portion and serving sizes, as well as recognizing the many names for sugar.

Uncover the connection between sugar and inflammation, find out how to say goodbye to (processed) sugar once and for all, and make a plan for eating out without stressing out.

YOU ARE WHAT YOU DIGEST

Remember the old adage “You are What You Eat”? Well, come to this class to find out why you really are what you digest. Strengthening your digestion can be the first step to improving overall health: from reducing sensitivities to increasing energy. We will learn to make fermented foods, broths and delicious soups and salads.

If you suffer from digestive discomfort, food intolerances or sensitivities, you can change the way you eat to address these concerns. Learn why and how to test the effect certain foods have on you through an elimination diet.

Identify the best foods to rebuild your GI Tract and ensure that you get all the needed nutrients from the foods you eat.

Making healthy, affordable food choices in today’s complex food environment can be challenging on a low income budget. Learn to optimize what, when and how you eat so as to make a significant impact on your health.

DE-STRESS YOUR LIFE

If we are often under too much stress and have few tools to reduce it, many of our healthy efforts are in vain. Stress can cause us to store fat, have hormone imbalances, and to be inflamed. Join us to learn how to manage it and how to support your body when it is inevitable.

We will discuss how stress can impact your immune system and then you’ll learn how to cook with herbs, vegetables and other foods that boost immunity. We will be sampling Ceres’ Immune Broth and immune supporting smoothies.

Eating well during the holidays can be challenging, and in this series we will also help you understand some of the triggers for overeating during the holidays and provide tips and delicious recipes to keep you on the healthy track, without the stress.