How Foods Fight Cancer!

Jill Ovnik, Culinary Instructor, Vegan Gal

Jill is back cooking with Harvest Health Foods. This class is an introduction for a series of classes offered by the Cancer Project. Jill will talk about the research behind the links of food and cancer. How the foods we eat have an impact on our bodies ability to prevent or fight cancer. This is a great class to start 2011!

Thursday, January 20 at 6.30 pm
Harvest Health Foods Hudsonville
4150 32nd Ave, Hudsonville, MI

Jill will be cooking up some delicious Vegan recipes to get us started on the right track to protecting our health in 2011. Please sign up...space is limited. Information on continuing the Cancer Project series

Space is limited - Please RSVP
at Hudsonville Harvest Health Foods
616-896-6630