



# Positive Choices

**Cooking and Nutrition Classes  
based on  
Principle Based Nutrition**

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- Strengthen Your Immune System
  - Rebuild Your Health
  - Prevent Disease

**4 Weekly Sessions Include:**

- Plant Based Food Samples
- Cooking Demonstrations
- Health and Nutrition Talks
- Q & A

**You Will Learn About Getting  
Food From Primary Sources**

**March 4, 11, 18, 25 -- 7-9 PM**

**Limited Space Call For Reservation**

**(575) 590-2390**

**LOCATION: Silver City Annex Building**

**1203 N Hudson--Upstairs**

**Between Food Basket and City Park**

**Suggested Donation For Materials is \$10**

