



**HEALING FOODS KITCHEN COOKING CLASSES  
REGISTRATION 2010**

Please check the classes you plan to attend and complete the contact information below.  
Fax to 858-822-6896 or call 858-822-2236.

**January—Comfort Foods—New Ideas for the New Year**

- Monday, January 4, 6:00-8:00 PM
- Tuesday, January 5, 11:30 -1:30 PM
- Thursday, January 7, 11:30-1:00 PM
- Thursday, January 7, 6:00-8:00 PM
- Tuesday, January 12, 6:00-8:00 PM
- Wednesday, January 13, 11:30 -1:30 PM
- Wednesday, January 13, 6:00-8:00 PM

**February—Mood Foods**

- Monday, February 1, 6:00-7:30 PM
- Tuesday, February 2, 11:30-1:00 PM
- Thursday, February 4, 11:30-1:00 PM
- Thursday, February 4, 6:00-7:30 PM
- Tuesday, February 9, 6:00-7:30 PM
- Wednesday, February 10, 11:30-1:00 PM
- Wednesday, February 10, 6:00-7:30 PM

**March—Beyond Bran to Fabulous Fiber**

- Monday, March 1, 6:00-7:30 PM
- Tuesday, March 2, 11:30-1:00 PM
- Thursday, March 4, 11:30-1:00 PM
- Thursday, March 4, 6:00-7:30 PM
- Tuesday, March 9 6:00-7:30 PM
- Wednesday, March 10, 11:30-1:00 PM
- Wednesday, March 10, 6:00-7:30 PM

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Phone Evening) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Please circle all that apply:

- Cancer patient (Moore's UCSD Cancer Center)
- Cancer patient (other healthcare organization)
- Cancer patient family or friend
- UCSD staff
- Other \_\_\_\_\_