



**HEALING FOODS KITCHEN COOKING CLASSES  
REGISTRATION 2008**

Please check the class or classes you plan to attend.  
Fax to 858-822-6896 or call 858-822-2236.

**July—Summer Celebration—Picnic Parties & Grilling Guidelines**

- Tuesday, July 8, 6:00-7:30 PM
- Wednesday, July 9, 11:30-1:00 PM
- Wednesday, July 9, 6:00-7:30 PM
- Monday, July 21, 6:00-7:30 PM
- Tuesday, July 22, 11:30-1:00 PM
- Thursday, July 24, 11:30-1:00 PM
- Thursday, July 24, 6:00-7:30 PM

Please note all July 2008 classes will be at:  
International Community Foundation  
Organic Garden  
2525 N Ave., National City

**August—What’s for Lunch?—Eating on the Run**

- Tuesday, August 5, 6:00-7:30 PM
- Wednesday, August 6, 11:30-1:00 PM
- Wednesday, August 6, 6:00-7:30 PM
- Monday, August 18, 6:00-7:30 PM
- Tuesday, August 19, 11:30-1:00 PM
- Thursday, August 21, 11:30-1:00 PM
- Thursday, August 21, 6:00-7:30 PM

**September—Mediterranean Diet**

- Tuesday, September 9, 6:00-7:30 PM
- Wednesday, September 10, 11:30-1:00 PM
- Wednesday, September 10, 6:00-7:30 PM
- Monday, September 22, 6:00-7:30 PM
- Tuesday, September 23, 11:30-1:00 PM
- Thursday, September 25, 11:30-1:00 PM
- Thursday, September 25, 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 \_\_\_\_\_