

WHAT TO EAT

WHEN YOU DON'T FEEL LIKE EATING

FREE LECTURE: **SATURDAY • JULY 14TH • 10-11:30 AM**

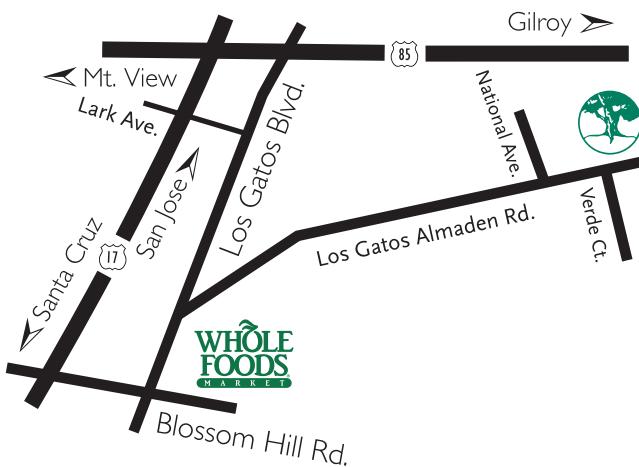
LOCATION: **PLANETREE HEALTH LIBRARY**

Presented by

Courtside Club Chef Grace Avila

Have you lost your appetite? Make your calories count! This presentation is for folks whose medical treatment (such as chemotherapy), depression, or just plain lack of appetite has made eating a chore. Family and caregivers are welcome too. You'll learn how to choose foods to provide maximum nutritional value, and go home with new recipes for healthy soups and smoothies.

Grace Avila is a certified nutrition educator, specializing in diets for disease prevention. She is the Food and Beverage Director for the Courtside Club in Los Gatos, and is on the board of the American Cancer Society and Libby Ross Foundation.



Registration is recommended for the lecture as space is limited! Please RSVP to Whole Foods Market at the Customer Service desk, call 408-358-4226 or email shonelle.redke@wholefoods.com

Lecture attendees are also invited to a free "Local Vendor Taste Fair" after the presentation. Sample delicious foods and chat with local growers at the Whole Foods Market store, 11am-2pm. No RSVP necessary for the taste fair.



Planetree Health Library

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