



 880 N.W. 13th Street
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INTEGRATIVE NUTRITION *with Rebecca Kastin, NBC -HWC*

REGISTER >

faumedicine.org/events



FREE Classes
Wednesday's
11 a.m. - 12 p.m.



September 20

Gut Health- Fermented Vegetables

From Crunch to Culture: *Exploring the Power of Fermented Vegetables for Gut Health!*



September 27

Longevity- Blue Zone Lunch

Uncover the Secrets of Longevity with a Blue Zone Lunch Adventure!



October 4

Brain Boosting Breakfast

Revitalize Your Mind: *Indulge in a Brain-Boosting Breakfast!*



October 11

Immunity- Bone Broth

Supercharge Your Immunity with Nourishing Bone Broth Delights!



October 18

Heart Healthy Dinners

Hearty Delights for a Healthy Heart: *Elevate Your Dinners!*



October 25

Plant Based Dinner Swaps

Plant-Powered Dinner Delights: *Transform Your Plate with Tasty Swaps!*



November 1

15-Minute Healthy Dinner

Wholesome in a Flash: *Master the 15-Minute Health Dinner Game!*



November 8

Gut Health-Smoothies

Gut Bliss in a Glass: *Sip Your Way to Health with Gut-Healthy Smoothies!*



November 15

Immunity - Juices & Elixirs

Immune-Boosting Magic in Every Sip: *Discover the World of Juices & Elixirs!*



November 29

Longevity - Healthy Eating for One

Living Well, Solo Style: *Unlocking Longevity through Healthy Eating for One!*



December 6

Sugar Swaps - Desserts

Sweet Satisfaction, Minus the Sugar: *Delight in Delicious Dessert Sugar Swaps!*



December 13

Healthy Holiday Entertaining

Jolly and Nourishing: *Elevate Your Holiday Entertaining with Healthy Delights!*