



Join the Food for Life Class

“Introduction to How Foods Fight Cancer”

September 30, 2024 @ 6:30pm

GTB 3-mile Building

845 Business Park Drive, Traverse City, MI 49684

We will make an Easy Bean Salad, Black Bean Dip, Veggies in a Blanket and have a sampling of Non-Dairy milks.

Certain Diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer healthier lives. The National Cancer Institute research shows that as much as 33% of cancer risk may be related to diet. In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as prevent recurrence.

All Tribal & Non-Tribal welcome to attend!

Contact Native Food for Life Instructor Darylin Berryman for more information.

Email, Call or text, GTBmember@gmail.com, 231-252-5186