

Taste “The Power of Yum!”

Get delicious, nutritious cooking ideas the whole family will love.

How do you make healthy dishes that are tasty and satisfying? Accomplished chef and national speaker, Rebecca Katz, will show you at a FREE class and cooking demonstration.

If you are a cancer survivor, pre-diabetic, at risk for heart disease, have high blood pressure — or just want to feel better — join us.

Speaker: Rebecca Katz, M.S., award-winning author of cookbooks “The Longevity Kitchen,” “The Cancer-Fighting Kitchen” and “One Bite at a Time.”

Our legacy is yours.



Partially funded by Moda Health
and Women of Good Samaritan



FREE class

The Power of Yum

Saturday, April 12, 8:30–11:30 a.m.

8:30–9 Free healthy breakfast

9–10:30 Presentation and
cooking demo

10:30–11 Q and A

11–11:30 Information fair and book sale

The Moda Center, Rose Room
1 N. Center Court St.
Portland, OR 97227

*Free parking in the Garden Garage off
Winning Way. The Rose Room is located
on parking level P-4.*

Preregistration is required. Visit
www.legacyhealth.org/classes.

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FREE Class and cooking demonstration

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The Moda Center, Rose Room

A healthy diet is essential for good health and longevity. Learn how to cook delicious meals with the foods that can help you live longer and be healthier.



www.legacyhealth.org

Legacy Health

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