



A month-long exploration of
nourishment in its many forms.

“Let food be thy medicine and medicine be thy food”
-Hippocrates

Have you been seeking a solid foundation in nutritional theory and practice? Does your idea of an ideal learning environment include tons of personal attention, lots of laughter, and delicious food? Yes? Well you've come to the right place.

Over the course of four Wednesday evenings in April, join in a cozy community to deepen your understanding of what and how to eat for optimal health and vibrancy. Each evening includes learning practical nutrition theory from Jill (a licensed Naturopathic physician) followed by hands-on food preparation in the kitchen with Michal (of Deep Breath Baking) to reinforce the information. Of course, the learning continues as we eat together in joyful community. The carefully crafted curriculum creates a fun, informative, and relaxing environment that allows you to effortlessly absorb new knowledge and eating habits.

Course Outline

WEEK ONE THE WHOLE IDEA

An introduction to holistic nutrition and a discussion of whole grains

Learn...

- ...How to evaluate your own diet
- ...How to create a nutrient-dense plate
- ...About a variety of gluten-free grains
- ...And much more!

WEEK TWO FROM THE EARTH

Plants : if it's from the ground, it's probably good for you

Learn...

- ...The implications of “organic” and “local” food
- ...How to store and prepare vegetables for optimal nutrient absorption
- ...How to support your immune system using medicinal foods
- ...And much more!

WEEK THREE

THE PROTEIN SCENE

The truth about protein (for every diet)

Learn...

- ...How to support a vegetarian, vegan, or omnivore diet
- ...About a variety of dietary theories on protein
- ...The low-down on soy
- ...And much more!

WEEK FOUR

SPICING IT UP!

Medicinal uses of herbs and spices

Learn...

- ...The medicinal properties of common herbs and spices
- ...Practical applications of herbs and spices to address particular imbalances
- ...A variety of methods to prepare and share plant medicines
- ...And much more!

Details

Nourished Together meets **Wednesdays in April** (April 4th, 11th, 18th, and 25th) from **6-8pm** near 40th St. and Baltimore Ave. in **University City** (exact address upon registration)

The course fee of \$180 is totally inclusive, covering all instruction, ingredients, course materials (notes, resources and recipes), and dinner. We are offering a **20% discount** if you register by March 7th

Space is limited to ensure personal attention to participants' questions and interest; however, **space permitting, registration for individual weeks will be welcomed at \$50/session.**

Register to Michal: michal.waldfogel@gmail.com or 215.872.5521

Course Facilitators



Jill Hoffman is an Arizona-licensed naturopathic doctor, having graduated from one of five accredited four-year, graduate-level naturopathic medical schools in the U.S. She has worked in integrative medicine settings and specializes in gastroenterology (digestive system disorders) and women's issues. Jill has lectured at the university level, teaching pathophysiology (study of the abnormal physiology of disease) and clinical nutrition to pre-medical undergraduate students. She owns and operates a naturopathy practice in Philadelphia: www.centercitynaturopathic.com



Michal Waldfogel is an experienced educator, dynamic facilitator and certified yoga teacher. She is the founder and director of Deep Breath Baking, a yoga and bread-baking workshop, through which she has guided hundreds of participants to experience that “rest is in the recipe”. Michal infuses her passion for the intersections of health, education and creativity into all of her teaching, seeking to meet students where they are and go from there. Learn more about her projects at: www.deepbreathbaking.com