

Hello, everybody, and Happy September!

Please take note of these three important items, I, II, and III listed below.

**I. Food for Life Nutrition and Cooking Class Series
for Cancer Prevention and Survival**

- *9/05/06: Fueling Up on Low-Fat Foods/Favoring Fiber
- 9/11/06: Discovering Dairy Alternatives/Replacing Meat
- 9/18/06: Planning Healthy Meals/Antioxidants and Phytochemicals
- 9/25/06: Immune-Boosting Foods/Maintaining a Healthy Weight

To register for these **FREE** classes, **contact Deann Plocher** at **541-767-0369** or theconnection@epud.net.

All classes run from 6 to 8 p.m. and will be held at:

Cottage Grove Community Center
Shepherd Room
700 East Gibbs
Cottage Grove, OR 97424

Each class includes a 20-minute nutrition video followed by a cooking demonstration by chef & writer **Beverly Lynn Bennett** and sampling of the food prepared. Classes are **FREE** and open to cancer survivors, friends, family, and those interested in cancer prevention and healthy eating.

See <http://www.cancerproject.com/> for more info.

(* The first meeting is on a Tuesday due to Labor Day and all of the other classes are on Mondays.)

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II. Free MEDITATION CLASSES

by **Sister Kiran – 343-5252**

Brahma Kumaris Meditation Center offers a **FREE** series of 5 lessons to learn Raja Yoga Meditation.

Sister Kiran, a vegetarian, has 27 years experience studying and teaching Raja Yoga. Next series begins

Monday, 9/18/06 at 7pm. Visit <http://bkeugene.com> for more info, then call the center or email eugene@us.bkwsu.org for location and to register.

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III. NOTE: Remember there is NO EVEN meeting on September 4 because of the Labor Day Holiday. EVEN's next gathering is the first Monday of October, 10/2/06.

Thank you!

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