

# Lifestyle & Nutrition Course



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For info or to register: [541-378-6359](tel:541-378-6359) [StayFresh@ucveg.org](mailto:StayFresh@ucveg.org) [UCVEG.org](http://UCVEG.org)

## Prevent & Reverse

- Diabetes
- Heart disease
- Cancer
- Alzheimer's
- Other chronic illnesses



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