

# Eat Smart get cooking

with Judy



**Clean, Lean... Fast Track Cuisine!** If you believe that healthy food means boring and tasteless, sign up for this cooking series, where Holistic Nutritionist and Chef Judy Chambers will get you chopping your way to unbelievably delicious fare. Judy will also teach you Precision Nutrition: how to choose quality ingredients that deliver results—fat loss, increased lean body mass, hormonal balancing, elimination of food cravings, increased energy, performance and stamina. Learn why the food industry does not have your health at heart, and how you can fight back. These hands-on cooking classes will leave you inspired, confident and ready to **cook and eat smart.**

## Cooking Series (Wednesday evenings):

- April 6 **Gorgeous Gluten-free Grains**
- April 13 **Spring Salads & Versatile Veggies**
- April 20 **Superfood Snacks**
- April 27 **Peak Protein**

## Cost:

Individual Class	\$ 49
Series of 4 Classes	\$180
CSNN Students* & Personal Trainers	\$ 35 per class

\*recognized by BCRPA and CSNN for CECs and practicum hours

## BRING A FRIEND AND SAVE!

Bring a friend for \$69 per class (two people) when you register by March 31<sup>st</sup>.

## Where and When (all classes):

7:00pm - 9:00pm  
Terra Breads False Creek Test Kitchen  
2nd Floor, 53 W 5<sup>th</sup> Ave (5<sup>th</sup> & Ontario)  
(enter through admin door next to café)

## To Register:

By phone 604.250.9999  
Email [info@dynamicbynature.com](mailto:info@dynamicbynature.com)  
Online [dynamicbynature.com](http://dynamicbynature.com)  
Payment Visa, cheque or cash



**Judy Chambers**, RNCP CPT is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. Her unique approach will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses her wholesome foods with taste and style!

 **Dynamic by Nature**