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Upcoming EatPlant-Based Classes



Terri Edwards



Terri Edwards is the blogger behind EatPlant-Based, a licensed Food for Life instructor with Physicians Committee for Responsible Medicine, and a plant-based writer and speaker. [Read More...](#)

March 2020

Food for Life: The Power of Food for Cancer Prevention and Survival / **Spartanburg, SC**

DATES: Tuesdays: March 3rd, 10th, 17th, 24th

TIME: 5:45 p.m.-7:45 p.m.

WHERE: **Gibbs Cancer Center & Research Institute, Spartanburg Regional Medical Center, SC**

COST: Paid for by grants and only open to Gibbs patients.

INCLUDES: Delicious plant-based meal each class, short video lecture by Dr. Neal Barnard, recipes, and educational materials

"Registration for this class is required. The \$100 tuition for this class is being paid for by our generous community donors and commitment to all 4 classes is required."-GCC

Join us for this 4-week Physicians Committee for Responsible Medicine Food for Life session where you'll learn the tools to enhance your immune system to fight off cancer! Whether you are a cancer survivor or not, this class will be beneficial in learning tips regarding cancer-fighting foods.

Each class is 2-hours and includes a 15-20 minute DVD lecture by Dr. Neal Barnard-President of PCRM, nutrition discussion and tips, live cooking demo of THREE new recipes each class, and a light meal of delicious plant-based foods.

Empower yourself to start the journey to better health today! Space is limited, so **register today!**

Each participant will receive a copy of the textbook, *The Cancer Survivor's Guide*, by Dr. Neal Barnard.

TO REGISTER: Contact Stacey Williams, Survivorship Program Coordinator | SMC Center for Hematology/Oncology-Spartanburg

864-560-7618 | f: 864-560-0809

e: swilliams@gibbscc.org e: SurvivorshipProgram@gibbscc.org

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101 E Wood St, Spartanburg, SC 29303

May 2020

Food for Life: The Power of Food for Cancer Prevention and Survival
/ Greer, SC

DATES: Tuesdays: May 5th, 12th, 19th, & 26th

TIME: 5:45 p.m.-7:45 p.m.

WHERE: Gibbs Cancer Center & Research Institute, Pelham Medical Center, Greer, SC

COST: Paid for by grants and only open to Gibbs patients.

INCLUDES: Delicious plant-based meal each class, short video lecture by Dr. Neal Barnard, recipes, and educational materials

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2759 SC-14, Greer, SC 29650

September 2020

Food for Life: The Power of Food for Cancer Prevention and Survival
/ Greer, SC

DATES: Tuesdays: September 1st, 8th, 15th, 22nd

TIME: 5:45 p.m.-7:45 p.m.

WHERE: Gibbs Cancer Center & Research Institute, Pelham Medical Center, Greer, SC

COST: Paid for by grants and only open to Gibbs patients.

INCLUDES: Delicious plant-based meal each class, short video lecture by Dr. Neal Barnard, recipes, and educational materials

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2759 SC-14, Greer, SC 29650

November 2020

Radiant Life Health Club KickStart Your Health: Spartanburg County Library Headquarters

DATE: Thursday, Nov. TBA

TIME: 6:00-8:30 p.m.

WHERE: Spartanburg County Library

The **Food for Life: Kickstart Your Health** classes offer a chance to discover which foods are optimal for weight management, learn about various health topics including blood pressure and digestion, and get empowered with the practical cooking skills needed to help you on your journey to better health. In the classes, attendees do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes in a supportive setting.

This class is 2-hours and includes a 15-minute DVD lecture by Dr. Neal Barnard, nutrition discussion and tips, live cooking demo of two new recipes with samples.

The Radiant Life Health Club will be providing a healthy plant-based meal for all participants. **This is a FREE event**, being paid for by generous funding by Radiant Life, and registration is required.

TO REGISTER:

Email: radiantlifeclub@gmail.com or

Call: (864) 256-1090



151 S Church Street Spartanburg, SC 29306

Food for Life, Plant-Based Nutrition and Cooking Series:

KickStart Your Health

Diabetes Prevention & Treatment

Cancer Prevention & Survival

Employee Wellness Program

Kids Health Program

Plant-Based Vegan Starter Kits \$27





Click photo above to see Starter Kit options and content. Choose which book comes in your kit. \$27 plus shipping in US.

Plant-Based Starter Kits \$27



The video shows the contents that are included in Starter Kits.

So you have made the big decision to take control of your health and join the whole food plant-based lifestyle movement.

Congratulations, you've just made one of the best decisions of your life! But now you may be wondering where in ... [read more](#)

Cooking Demos



Speaking Engagements



"Terri Edwards is the ideal nutrition speaker! She combines her personal journey with her new passion to create a compelling story that is sure to captivate any audience."-The Joe R. Utley Heart Resource Center of Spartanburg Regional Healthcare System, SC

