



CANCER SUPPORT COMMUNITY

Valley / Ventura / Santa Barbara

So that no one faces cancer alone®

Nutrition Talk & Healthy Cooking Demonstration

with Karol Scherr



Date: Thursdays, January 17th, 24th, 31st, 2019

Time: 12:00 - 1:30 pm

Location: Cancer Support Community
Valley Ventura Santa Barbara
530 Hampshire Road
Westlake Village, CA 91361

Cost: Free

RSVP: Please RSVP 805.379.4777
info@cancersupportvvsb.org
www.cancersupportvvsb.org

Please join us as Karol Scherr, an organic, vegan, vegetarian chef with over 20 years of experience gives a talk on nutrition and prepares delicious foods. Samples will be served. Please RSVP.

January 17th Demonstration – Organic fruit salad

January 24th Demonstration – Organic, vegan, vegetarian avocado tacos

January 31st Demonstration – Surprise! (organic, vegan, vegetarian)

Karol Scherr received her BA in Art Social Science and Psychology at Michigan State University. While living in Hawaii, Karol had access to an organic garden in her own yard and this started her passion for nutrition. From this garden, she began to create incredible meals for all her friends and this further motivated her to live a healthy lifestyle. Today she helps individuals make healthy choices while still eating organic, vegan, vegetarian meals like lasagna, pasta, pizza and tacos.

This activity is supported by an educational grant provided by Genentech. **Genentech**

Reminder! We are a fragrance free environment, please refrain from wearing perfume/ scented lotion.

530 Hampshire Road | Westlake Village, California 91361 | 805-379-4777 | www.cancersupportvvsb.org