Healthy Cooking Class

Date:
October 7, 2015

Time:
5:30-7pm

Instructor:
Tiffany Clough, Health Educator

Bio:
Tiffany Clough, Wellness Specialist of UVU Wellness Programs, has a great love for all things wellness, especially nutrition. She has successfully planned many Healthy Cooking classes here at UVU serving over 200 people. She completed her Bachelors of Science in Community Health Education and is a Certified Health Education Specialist. During her time at UVU Wellness Programs, she has coached a variety of clients and classes through various wellness habits, including nutrition and Intuitive Eating principles. She is always upbeat and ready to assist others in achieving their best selves. When she’s not coaching clients or coordinating cooking classes, you can find her biking with her husband, hiking, traveling, experimenting with healthy new recipes, and spending time with her wonderful family and friends.

Class:
Food for Life – How Foods Fight Cancer

Description:
Based on PCRM’s award-winning Food for Life program, UVU Wellness Programs is delighted to bring valuable, lifesaving nutrition information to the UVU community.

Join Food for Life Educational Alliance Program Partner UVU and health educator, Tiffany Clough, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

LEARN the latest nutrition information
ENJOY cooking demonstrations
TASTE healthy, delicious dishes