



# HEALTHY CONNECTIONS CLASSES

## FALL CLASSES 2019

The Co-op offers cooking, nutrition, and wellness classes throughout the year at the Co-op Connections building and the Cordata store. Cooking classes feature local, organic ingredients whenever possible. Since 2009, the Co-op has partnered with Whatcom Community College on food and wine classes.

### Take Control of Your Intestinal Health

WITH JIM EHMKE, CN

Tuesday, Sept. 17, 6:30–8:30 pm

Take control of your own intestinal health. This class will cover all the major organs of the digestive system as well as strategies and holistic therapies for digestive health. We'll discuss acid reflux, Crohn's, IBS, colitis, hemorrhoids, colon cancer, ulcers, and much more.

Cordata • reg. at CO-OP • \$5

### The 8-Shields Model and Kalapa

WITH ALAN RAFAEL SEID

Wednesday, Sept. 18, 6:30–9 pm

The 8-Shields Model is a nature-based holistic organizational tool for individuals and groups of all sorts. Learn how to use it as a flowchart for projects, a checklist for events, and a template for integrating people's diverse gifts into a cohesive team—as well as a map for essential tools to take your impact to the next level. Kalapa is an empowerment curriculum and developmental pathway organized around the 8-Shields framework. Alan Seid has been teaching the 8-Shields Model since 2005.

Downtown • reg. at CO-OP • \$25

### Geothermal Energy: The Fire Within

WITH SANDY LAWRENCE, MD

Thursday, Sept. 19, 6:30–8 pm

Join environmental educator Sandy Lawrence for a multi-media presentation on geothermal energy—thermal energy generated and stored in the earth. Geothermal energy is reliable, very low-carbon energy, and is used for heating, desalinations, horticulture, and more. In this presentation, Dr. Lawrence explains the terminology and different types of geothermal energy, and examines the prospects for making greater use of this vast energy source.

Downtown • reg. at CO-OP • free

### Ayurveda: Mindful Meditation and Combining Foods Wisely

WITH BHARTI NAGAL

Saturday, Sept. 21, 9 am–2 pm

Join Bharti Nagal for a workshop combining yoga practice and ayurvedic cooking. This class begins with mindful meditation practice, followed by a cooking lesson that delves into skillful and healthful food combining based on ayurvedic principles. Bharti will show you how to make your favorite smoothie with a healthful food combination followed by a wholesome meal (vegetable curry, rice, sweet delight) and will explain how to avoid incompatible food combinations in your daily life. This class is suitable for all ages and all levels of yoga experience.

Downtown • reg. at CO-OP • \$75



### Seasonal Salads and Artisan Cheeses

WITH BRUNO FELDEISEN

Monday, Sept. 23, 6:30–9 pm

Experience choice edibles in dazzling new combinations. Bruno Feldeisen creates innovative salads featuring fresh local veggies and top-notch artisan cheeses from Twin Sisters Creamery. The menu includes Waldorf salad with a twist, special roasted vegetables, and a surprising creation of mushrooms and cheese. Bruno Feldeisen was recently executive chef at Semiahmoo Resort and is currently a judge on *The Great Canadian Baking Show*.

Downtown • reg. at WCC • \$49

### Rave for Bruno Feldeisen:

“Bruno’s approach to cooking, baking, etc., is such a positive one.”



### Nourishing Gluten-free Family Dinners

WITH ALISSA SEGERSTEN

Thursday, Sept. 26, 6:30–9 pm

Alissa Segersten, cookbook author and blogger at [nourishingmeals.com](http://nourishingmeals.com), demonstrates how to make easy, wholesome, gluten-free meals your whole family will love. The menu features gluten-free chicken and dumplings, smoked salmon and veggie frittata with a potato crust, chicken nuggets with cilantro aioli, and curried garbanzo bean tacos with a cabbage-lime slaw. All recipes are gluten-free and soy-free.

Downtown • reg. at WCC • \$49

### Vibrant Veggies

WITH ALISSA SEGERSTEN

Thursday, Oct. 3, 6:30–9 pm

Alissa Segersten presents recipes designed to get more vegetables in your life including pineapple-kale smoothie; arugula, corn, and black bean salad with cilantro-lime vinaigrette; autumn detox salad with creamy ginger dressing; garlic-sautéed greens; and a roasted beet and walnut salad. All recipes free of gluten, soy, eggs, and grains; one recipe is dairy-optional.

Downtown • reg. at WCC • \$45

### Modern Japanese

WITH ROBERT FONG

Tuesday, Sept. 24, 6:30–9 pm

Robert Fong and Todd Alan Martin, executive chef of Fairhaven's Swim Club and Gainsbarre, present a sumptuous sampling of contemporary Japanese cuisine. Enjoy grilled Alaskan octopus with miso, tomato, and Thai basil; rabbit braised with Japanese curry sauce; farmers market vegetables steamed with dashi, sesame seeds, star anise, and ginger; and a surprise Fong stir-fry dish made in collaboration with Chef Martin.

Downtown • reg. at WCC • \$69

### Enhancing Brain Function with Neurofeedback

WITH CAROLYN HALLETT

Wednesday, Sept. 25, 6:30–8 pm

Learn how neurofeedback can reverse the limitations of the injured or aging brain—a supertool for stress management, ADHD, anxiety, autism, addiction, PTSD, and more. It involves no drugs, has no harmful side effects, and is suitable for kids and adults. Carolyn Hallett is a Board Certified Homeopath in practice since 1999 and a neurofeedback practitioner. For more info:

[www.RTBham.com](http://www.RTBham.com)

Cordata • reg. at CO-OP • \$5

### Plant-based Meal Planning

WITH SARA SOUTHERLAND

Monday, Sept. 30, 6:30–9 pm

Pick up tips on how to efficiently plan and prep nutritious, tasty meals from Integrative Nutrition Health Coach Sara Southerland. Taste a berry & coconut smoothie bowl, vegan “walnut meat” tacos with cashew sour cream, grilled peach salad with cilantro jalapeño pesto, and cinnamon raisin almond balls. You'll leave with a one-week meal plan featuring delicious plant-based recipes the whole family will love.

Downtown • reg. at WCC • \$45

### Peruvian Cuisine

WITH ANTONIO DIAZ

Tuesday, Oct. 1, 6:30–9 pm

Antonio Diaz, owner of Bellingham's Cafe Rumba, makes classic dishes from Peru. Tonight's menu is *cebiche de camarones a la crema de apio* (shrimp ceviche with celery cream), *pollo saltado* (Peruvian-style chicken stir-fry) and *quinoa con leche a la maracuya* (passion fruit flavored quinoa and milk dessert). Learn why the cuisine of Peru is one of the world's most popular.

Downtown • reg. at WCC • \$45

### Tour de France

WITH KARINA DAVIDSON

Wednesday, Oct. 2, 6:30–9 pm

Join Karina Davidson in a culinary tour of France. The centerpiece will be Marseille mussels, served with baguette to absorb the scrumptious garlic, wine, herb, and tomato broth. Also on the menu: a trio of tartines—tapenade, tomato confit, and onion jam—with brie; romaine heart salad with pear, blue cheese, and walnuts; and for dessert, molten chocolate cake. Course fee includes choice of wine or non-alcoholic beverage.

Cordata • reg. at WCC • \$59

CHECK OUR WEBSITE FOR MORE CLASSES:  
[WWW.COMMUNITYFOOD.COOP](http://WWW.COMMUNITYFOOD.COOP)



vegan



vegetarian



gluten free



hands on

#### LOCATIONS:

##### Downtown:

Co-op Connections Building,  
405 E Holly St, Bellingham

##### Cordata:

Roots Room at the Cordata store,  
315 Westerly Rd, Bellingham

#### REGISTRATION:

**CO-OP:** register online at  
[www.communityfood.coop](http://www.communityfood.coop)

**WCC:** co-sponsored by  
Whatcom Community College,  
register at 360-383-3200 or  
[www.whatcomcommunityed.com](http://www.whatcomcommunityed.com)

Please do not wear strong fragrances to class.

#### QUESTIONS?

Contact Kevin Murphy at 360-734-8158  
ext. 313 or [kevinm@communityfood.coop](mailto:kevinm@communityfood.coop).

## Kidney and Adrenal Support for Stress Relief

WITH JONATHAN LEY

Wednesday, Oct. 2, 6:30–8 pm

The adrenal glands, which play an important role in regulating inflammation, and the kidneys, which eliminate toxins, are key organs in the body's response to stress. Join Chartered Herbalist and Life Coach Jonathan Ley to expand your awareness of the how the adrenal glands and kidneys work together in relation to stress, learn proactive ways to support these organs when they are not functioning optimally, and develop some useful strategies to reframe stressful circumstances in life.

Downtown • reg. at CO-OP • \$5

## The Microbiome

WITH TOM MALTERRE, CN

Monday, Oct. 7, 6:30–8:30 pm

Our intestines are home to a veritable universe of microscopic life called the intestinal microbiome. Just as the health of life on our planet relies on the relationships among all its diverse forms, an individual's health relies on a well-nourished, well-balanced microbiome. Functional Medicine expert and author Tom Malterre discusses topics related to microbiome health including prebiotics, probiotics, small intestinal bacterial overgrowth, medications, and more.

Downtown • reg. at CO-OP • free

## Chinese Gastronomy

WITH ROBERT FONG

Tuesday, Oct. 8, 6:30–9 pm

Chef Fong shares hearty samples and recipes of some of his longtime favorite Chinese dishes including dong po pork, fluffy fish ball soup, and Singapore chili crab.

Downtown • reg. at WCC • \$55

## Take Control of Your Own Immune Health

WITH JIM EHMKE, CN

Tuesday, Oct. 8, 6:30–8:30 pm

Learn all about the immune system and how to keep yours working effectively. We'll talk about different strains of flu, viruses, chronic fatigue, fibromyalgia, dental infections, and more—including strategies for dealing



## Let's Make Mozzarella and Burrata!

WITH MARISA PAPETTI



Learn how to make delicious mozzarella and burrata from Marisa Papetti of Marie's Bees. Marisa will serve plenty of samples as she demonstrates how you can make these varieties from scratch in your own kitchen. Milk for this class supplied by Twin Brook Creamery of Lynden. Kid friendly—ask about a discount for kids at kevinm@communityfood.coop.

Downtown • reg. at CO-OP • \$35

Choose from one of three sessions this fall!

Saturday, Sept. 28, 11:30 am–1:30 pm

Saturday, Oct. 26, 1–3 pm

Saturday, Dec. 7, 11:30 am–1:30 pm

with them. We'll consider vaccines, antibiotics, and possible alternatives. Certified Nutritionist Jim Ehmke has been a practitioner of diverse alternative therapies since 1976.

Cordata • reg. at CO-OP • \$5

## Autumn Soups for the Body and Soul

WITH KARINA DAVIDSON

Thursday, Oct. 10, 6:30–9 pm

Nourish your body and lift your spirits with four of Karina Davidson's most delectable hearty soups: an updated version of Italian wedding soup with tiny meatballs, black kale, and orzo; classic split pea; Spanish chicken with wild rice; and a delicious Hungarian mushroom soup.

Downtown • reg. at WCC • \$45

## Warm Fall Desserts

WITH BRUNO FELDEISEN



Monday, Oct. 14, 6:30–9 pm

Bruno Feldeisen shares unique recipes and techniques for sweetening your autumn. Enjoy warm sourdough and PB&J pudding; warm apple and cheddar cheese galette; and red wine poached pear, oats and honey crumble. Bruno is a judge on *The Great Canadian Baking Show* and has twice been honored as one of the top 10 pastry chefs in America by *Chocolatier* magazine.

Downtown • reg. at WCC • \$49

## Electromagnetic Frequencies and Health

WITH MYSTIQUE GROBE, ND, LAC

Tuesday, Oct. 15, 6:30–8:30 pm

Dr. Mystique Grobe provides current information on electric and magnetic frequencies (EMF)—as well as microwaves and radiofrequency waves in our environment. Learn about sources of EMF, current research on health effects, and symptoms most often associated with electro-sensitivity (ES). Pick up practical tips on how you can immediately reduce your EMF exposure.

Downtown • reg. at CO-OP • \$5

## Stress Buster Workshop

WITH ERIKA FLINT

Wednesday, Oct. 16, 6:30–8 pm

Erika Flint shares effective techniques for reducing stress and remaining calm and in control during any situation—techniques your whole family can easily learn and use year-round. Reduce fear, worry, and anxiety as you learn to rewire your brain and change habituated patterns for good. Erika Flint is an award-winning hypnotist, a certified professional hypnotherapy instructor, and the author of *Reprogram Your Weight*.

Cordata • reg. at CO-OP • \$10

## Back Pain: Self-care and Treatment Options

WITH LINDON KEELER, DC  
Wednesday, Oct. 16, 6:30–8 pm

Back pain is the second most common reason for trips to the doctor (after the common cold). Come and learn simple strategies that can help you and others. Lindon Keeler, DC, is a certified sports physician, expert in natural pain relief, and has maintained a full-time family practice for over 21 years.  
Downtown • reg. at CO-OP • free

## Meatballs of the World

WITH CINDY MCKINNEY  
Thursday, Oct. 17, 6:30–9 pm

Cindy McKinney presents an international array of meatballs. Enjoy classic Italian meatballs simmered in marinara sauce and served as a sub; Mexican meatball soup with zucchini, tomatoes, and rice; Swedish meatballs with creamy mushroom and sour cream sauce served over egg noodles; Asian meatballs in a lettuce wrap with garnishes; and even a yummy vegetarian meatball.  
Cordata • reg. at WCC • \$45

## Ayurveda: Yoga and Detox

WITH BHARTI NAGAL  
Saturday, Oct. 19, 9 am–2 pm

Learn how to balance and cleanse the physical, emotional, and subtle layers of your body as Bharti Nagal demonstrates an ayurvedic approach to detoxification. This class begins with pranayama, a series of breathing exercises that increase energy and improve mental clarity, followed by a few simple yoga postures. After a light snack, Bharti will show you how to cook *khichdi*, a classic ayurvedic meal consisting of lightly spiced rice and lentils with ghee and herbs, and renowned for its healthful and detoxifying properties. This class is suitable for all ages and levels of yoga experience.  
Downtown • reg. at CO-OP • \$75

## Northwest Paella

WITH JESSE OTERO  
Monday, Oct. 21, 6:30–9 pm

Paella is one of the iconic dishes of Spanish cuisine, a rice-based meal with endless variations. We'll discuss the ancestral beginnings and development of paella, as Chef Jesse Otero creates two versions that draw on the bounty of the Northwest—duck, garlic, and pine nut paella; and one with mussels, prawns, and peppers.  
Downtown • reg. at WCC • \$45

## Five Ingredient Meals: Autumn

WITH KATE MACKENZIE   
Tuesday, Oct. 22, 6:30–9 pm

Join Wellness Chef Kate MacKenzie as she demonstrates four healthy and delicious dinners using five or fewer ingredients. Learn to make white chicken chili; roasted cauliflower, shaved fennel, and beluga lentil salad; Thai red curry pumpkin soup; and to finish off the night, crispy caper, lemon, and thyme salmon. All recipes are gluten-free. Bring your appetite!  
Downtown • reg. at WCC • \$45

## Nutrition Testing for Chronic Fatigue

WITH KARL MINCIN, CN  
Wednesday, Oct. 23, 6:30–8:30 pm

Learn about nutrition assessment methods for energy deficiencies ranging from the mid-afternoon slump to full blown Chronic Fatigue Syndrome (CFS). We'll consider everything from simple home tests to state-of-the-art laboratory testing. Class will include nutrient-specific quick tests that provide instant feedback about your nutritional status; a partial nutrition physical exam involving mouth, nails, and skin; and take-home self-test nutrition questionnaires. If you're not testing, you're guessing! Clinical Nutritionist Karl Mincin has offered nutritional counseling and consultation for over 30 years.  
Downtown • reg. at CO-OP • \$5



## Mexican Kitchen: Stews and Moles

WITH ANA JACKSON  
Thursday, Oct. 24, 6:30–9:30 pm

Enjoy the rich spicy flavors of classic slow-cooked Mexican favorites, as Ana Jackson demonstrates how to make *mole de almendra* (almond mole); *birria de res*, a spicy beef stew made with dried chiles that can be served in tacos or on its own; and slow-cooker pork and green chile stew.  
Downtown • reg. at WCC • \$45

## Ethiopian Cuisine

WITH ASSEFA KEBEDE  
Monday, Oct. 28, 6:30–9 pm

Assefa Kebede, former owner and chef at Vancouver's award-winning Nyala African Cuisine, demonstrates favorite recipes from his native Ethiopia, including *doro wat* (spicy chicken vegetable stew), *engudie wat* (split peas with mushrooms), and *injera*, the distinctive sourdough flatbread that accompanies all Ethiopian meals.  
Downtown • reg. at WCC • \$39

## Take Control of Your Own Hormonal Health

WITH JIM EHMKE, CN  
Tuesday, Oct. 29, 6:30–8:30 pm

Learn all about the body's endocrine system. We'll discuss all the major glands of the endocrine system and how hormones interact, as well as hormonal therapies, fertility options, and PMS. Certified Nutritionist Jim Ehmke has been a practitioner of diverse alternative therapies since 1976.  
Cordata • reg. at CO-OP • \$5

## Wines of the Piedmont

WITH LAURENT MARTEL

Wednesday, Oct. 30, 6:30–8:30 pm

The Piedmont, which lies adjacent to the Alps in northern Italy, is home to the super powerful red wines of Barolo (“King of Wines, Wine of Kings”) and Barbaresco; the sparkling Astis; and the difficult-to-grow Arneis. Laurent shares wine lore as he leads you through a tasting tour of this prolific wine-growing region. You must be at least 21 years old to take this course.

Cordata • reg. at WCC • \$45

## Le Café de Paris

WITH KARINA DAVIDSON

Tuesday, Nov. 5, 6:30–9 pm

Karina Davidson relives her explorations of the bistros and cafés of Paris—and you are invited! The main dish is pork and apple Dijonnaise, served with rice and roasted Brussels sprouts. The menu also includes an appetizer plate of baguette, olives, and charcuterie; simple and fabulous tomato fennel soup; and a dessert of brioche bread pudding with a raspberry drizzle and soft cream.

Cordata • reg. at WCC • \$59

## Natural Strategies for Stress Management

WITH CARRIE WINE, ND

Tuesday, Nov. 5, 6:30–8:30 pm

Learn how to manage stress naturally. Naturopathic Doctor Carrie Wine talks about the importance of diet and lifestyle, herbal medicine, effective

## Love to cook?

JOIN THE COOKING CLASS ASSISTANT TEAM!

Assistants help with prep, serving, washing dishes, and cleanup. Go home with tasty recipes and helpful tips from skilled instructors.

Compensation via Co-op gift card. Tell us why you're interested and include a brief outline of your cooking skills and experience. Send to kevinm@communityfood.coop.



## The Joy of Salt

WITH STEPHANIE ELLIS AND DJUNA HARPER

Monday, Nov. 4, 6:30–8:30 pm

Downtown • reg. at CO-OP • \$25

The skillful use of salt can be the difference between an ordinary dish and one that's exceptional. Join chefs Stephanie Ellis and Djuna Harper for an entertaining and far-reaching exploration of this essential and surprising ingredient as we make and season a savory soup, demonstrate the difference between a sweet dessert with and without salt, and learn how to make two types of pickles (a quick vinegar pickle and a fermented salt brine pickle). This class is for cooks of all levels of experience.

mind-body techniques, and more.

Class will include a detailed discussion of calming herbs such as lemon balm and lavender, as well as adaptogenic herbs such as ashwagandha and rhodiola. Students will take home an herbal stress-relieving tea formulated in class, as well as stress-reducing techniques you can easily incorporate into daily life.

Downtown • reg. at CO-OP • \$10

## Savor This: Experience Freedom with Food

WITH SARAH CLARKE

Wednesday, Nov. 6, 6:30–8:30 pm

Join certified Mind Body Eating Coach Sarah Clarke in a small group setting to discuss how you can make positive, doable changes in your relationship with food and body. Gain new insights into the psychology of eating, and new tools for overcoming the obstacles between you and your best self. We will also explore a conscious eating practice with light appetizers.

Downtown • reg. at CO-OP • \$35

## Holiday Brunch

WITH CINDY MCKINNEY

Thursday, Nov. 7, 6:30–9 pm

Liven up your holiday brunch spread with sweet potato scones with whipped holiday butter, frittata bites with pancetta and leeks, apple cider and bourbon brined pork chops, and croissant French toast with maple pecan syrup and fresh fruit salsa.

Downtown • reg. at WCC • \$45

## Small Plates of the World: Venetian Bar Plates

WITH JESSE OTERO

Monday, Nov. 11, 6:30–9 pm

Wander the canal-side alleys of Venice and you will undoubtedly be lured into a *bacari*—a small, informal drinking establishment where the locals go to snack on salumi, grilled breads, meats, and cheeses. Join us as we explore the unique cuisine of this floating city with small plates of mushroom and rosemary rice fritters, grilled Italian sausages, gorgonzola, cured pork and walnut bruschetta, and other seasonal Italian-inspired snacks.

Downtown • reg. at WCC • \$45

## Dinner and Wine Pairing

WITH ROBERT FONG

Tuesday, Nov. 12, 6:30–9 pm

Enjoy a fine meal with complementary wines presented by Chef Fong and veteran wine educator Laurent Martel. We include some unconventional pairings in a menu that matches spicy seafood soup with a sparkling Crémant, wild salmon with Châteaufort-du-Pape, seared beef rib steak with a full bodied Chardonnay, delicata squash duxelles with a Beaujolais-Villages wine, and French cheeses and fruit with a Bordeaux.

Cordata • reg. at WCC • \$85

## Acid Reflux

WITH DAVID ZAMECHEK, ND

Wednesday, Nov. 13, 6:30–7:30 pm

Acid reflux is a common problem that is often curable with the right approach. Come learn the truth about reflux, which in most cases is a problem of not having enough stomach acid rather than too much. Learn how antacids, while effective in reducing pain, are counterproductive in the long run and can cause more problems than they fix. David Zamechek is a naturopathic doctor and also has a Master of Science in nutrition.

Downtown • reg. at CO-OP • free

## Classic Italian Dinner

WITH KARINA DAVIDSON

Thursday, Nov. 14, 6:30–9 pm

Classic dishes from the fabulous cuisine of Italy! Karina Davidson creates both eggplant Parmesan and a crispy chicken Parmesan, both served with browned butter pasta, an appetizer of breadsticks and artichoke dip, Caesar salad, and a lush tiramisu for dessert. Course fee includes choice of wine or non-alcoholic beverage.

Cordata • reg. at WCC • \$59

## Hemp, CBD, and Health

WITH CHRISTY KING

Monday, Nov. 18, 6:30–8 pm

Learn ways to incorporate hemp-derived products into a healthy wellness routine. Learn about some of the popular hemp and CBD products available locally and how they can support your lifestyle. Bring home some samples and recipes. The non-psychoactive compounds found in hemp can support skin health, relief from discomfort, and a healthy inflammation response.

Downtown • reg. at CO-OP • \$10

## Wild Alaskan Shrimp

WITH ROBERT FONG

Tuesday, Nov. 19, 6:30–9 pm

With guest Alaskan shrimp fisherman Tom Traibush supplying tall tales and shrimp butter, Robert Fong serves salt and Sichuan pepper shrimp, shrimp cakes with coconut cream sauce, and seared butterflied garlic shrimp. As a bonus, learn the difference between shrimp and prawn.

Downtown • reg. at WCC • \$59

## Essential Nutrients

WITH JIM EHMKE, CN

Tuesday, Nov. 19, 6:30–8:30 pm

Learn about the basic nutrients on which we all rely: not just proteins, fats, and carbohydrates, but air and water as well. We'll discuss how to balance these nutrients for optimal health, why so many people are drinking more water but not truly hydrating, and the role of air in proper nutrition. Certified Nutritionist Jim Ehmke has been a practitioner of diverse alternative therapies since 1976.

Cordata • reg. at CO-OP • \$5

## Apnea in Children and Adults

WITH JANETTE CARROLL, DDS

Tuesday, Dec. 4, 6:30–8 pm

Join local holistic dentist Dr. Janette Carroll for a discussion of sleep apnea. While many people have been diagnosed with sleep apnea, many more are undiagnosed (especially children). Dr. Carroll will cover what apnea and hypopnea are, how these conditions develop, and treatment options for children and adults. Learn which medical and dental conditions are associated with obstructive sleep disorder breathing, as well as the visual signs and symptoms so you can pre-screen your loved ones.

Downtown • reg. at CO-OP • free

## Essential Remedies: Aromatherapy Blending for Mind, Body & Spirit

WITH MICHELLE MAHLER

Tuesday, Dec. 10, 6:30–8 pm

Learn how to make a topical therapy massage oil for all levels of your being. Michelle Mahler will talk about the attributes and healing properties of rosemary, lavender, chamomile, frankincense, eucalyptus, and many others. Make essential oils a fun and rejuvenating part of your life. Students will blend and take home two organic essential oil roll-ons in a jojoba oil base, that are included in the class fee.

Downtown • reg. at CO-OP • \$30

## Detox and Fasting

WITH JIM EHMKE, CN

Tuesday, Dec. 10, 6:30–8:30 pm

Nothing improves body chemistry more dramatically or more quickly than detoxification. We'll discuss colon cleansing, enemas, colonics, and other gut-cleansing systems. Learn about the advantages of intermittent fasting, and the link between longevity and calorie restriction.

Cordata • reg. at CO-OP • \$5

## Sparkling Wines: an International Tour

WITH LAURENT MARTEL

Wednesday, Dec. 11, 6:30–8:30 pm

Laurent Martel leads an exploration of the world's sparkling wines, including Italian Prosecco; Spanish Cava, a Californian sparkling wine made according to "methode champenoise"; and, of course, Champagne. Learn the right wine to serve at the right occasion while enjoying expertly paired appetizers. You must be at least 21 years old to take this course.

Cordata • reg. at WCC • \$45

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