



WORLD CANCER DAY

FEBRUARY 4, 2023

“Knowledge is the greatest gift anyone can give us.”

This World Cancer Day, embark on an empowering journey with our expert nutritionists and chefs.

Cancer prevention begins in kitchens and at mealtimes. Eating in harmony with nature helps to maintain the vital balance within the body. Learn to harness the power of food to safeguard your wellbeing for years to come.

JOALI BEING



Wellbeing From Within: Nutrition Workshop

Food plays a key role in building and sustaining optimal health. In today's world, we may unwittingly consume foods with toxins and free radicals, which can lead to the growth of cancer pathogens.

Nourishing the gut with the correct nutrients can aid in cancer prevention. In this enlightening workshop, our nutritionist will explain how antioxidants can foster gut health and reduce the risk of cancer.

11:00 am to 12:00 pm
Inspiration Room

Antioxidant Discovery: Cooking Class

Prevention is better than cure – this old proverb remains incredibly relevant in modern life. Choosing the right antioxidant-rich foods can help to prevent several diseases, including cancer.

Join our knowledgeable chef for an interactive culinary session where food takes on the role of preventive medicine. You will also learn about the early detection of cancer.

3:00 pm to 4:00 pm
Culinary Learning Centre

*Prices upon request.
For more information or reservations, please contact your Jadugar.*

JOALI BEING

A decorative illustration of dandelion seed heads and their seeds. One large seed head is in the bottom right corner, with several smaller ones and many seeds floating upwards and outwards across the right side of the page.