Lifestyle Medicine

Class Request Form

First and last name: ________________________________
Email: _____________________________ Phone: _________________________
Name of organization and/or group the class is for: _______________________ 
Number of people you’d like to have attend class: _________________________
Please let us know if you have a date(s) or month(s) in mind: _______________
Please let us know if you have a preferred time of day for the class: ___________
Anything else you’d like to share with us: _________________________________

Please select the topic(s) that your team are most interested in learning about:

☐ Introduction to Culinary Medicine
☐ Introduction to Lifestyle Medicine
☐ Introduction to Plant Based Cooking
☐ Cooking for Heart Health
☐ Sports Nutrition
☐ Plant-Based Cooking in a Hurry
☐ Whole Food Plant-Based Cooking
☐ Healthy Breakfast
☐ One Pot and Make Ahead Meals
☐ Cooking for Brain Health
☐ Fats in the Diet
☐ Carbohydrates in the Diet
☐ Anti-inflammatory Diet
☐ Eating the Rainbow
☐ Summer Harvest
☐ Holiday Cooking

☐ Eat Your Way to a Healthy Weight
☐ Key Principles of Successful and Lasting Change
☐ Power of Plants in Cancer Prevention
☐ Fasting for Health
☐ Top Foods for Immune Health
☐ The Healthy Pantry: Your Gateway to Optimal Health
☐ Introduction to Cooking with Tofu
☐ Meal Planning and Preparation
☐ Bone and Joint Health
☐ Other (insert topic)
Please select the type of event you are interested in:

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Format</th>
<th>Cost of Class</th>
<th>Select</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Hour Culinary Medicine Cooking Class</td>
<td>In-Person*</td>
<td>$1,800</td>
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<tr>
<td>2-Hour Culinary Medicine Cooking Class</td>
<td>Virtual</td>
<td>$900</td>
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<tr>
<td>1-Hour Culinary Medicine Cooking Class (Lecture + Cooking Demo)</td>
<td>Virtual</td>
<td>$500</td>
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<tr>
<td>1-Hour Lifestyle Medicine Lecture (with MD/PhD and w/o Cooking Demo)</td>
<td>In-Person* or Virtual</td>
<td>$500</td>
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<tr>
<td>1-Hour Lifestyle Medicine Lecture (w/o MD/PhD and w/o Cooking Demo)</td>
<td>In-Person* or Virtual</td>
<td>$300</td>
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<tr>
<td>Validated parking (optional)</td>
<td>In-Person*</td>
<td>$8 per validation</td>
<td></td>
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</tbody>
</table>

*In-person classes will only be offered if current COVID-19 restrictions permit us to do so.

Please submit the completed form to LifestyleMedicine@SpectrumHealth.org. A Lifestyle Medicine team member will contact you to finalize scheduling your requested class.