



Cancer Prevention & Control Program's **SPECIAL HOLIDAY COOKING COLLOQUIUM SERIES**

Disease Prevention and Reversal with Plant-Based Cooking

**Participate in 'cooking up' the evidence with Columbia's
Cooking new Director, Trisha Mandes, MPH**



Trisha Mandes, MPH, MS
Director, Columbia's Cooking
www.ColumbiasCooking.org
Lead Nutritionist
Cancer Prevention and Control Program
Project Coordinator, IMAGINE Study

FRIDAY

December

11

10 a.m. – 11:30 a.m.

Discovery 1 | Rm. 140

915 Greene Street

RSVP encouraged by
12.9.15 to
tafelt@mailbox.sc.edu
Only 30 "cooking" seats
available but no one will
be turned away

Trisha Mandes is the Lead Nutritionist for the Cancer Prevention and Control Program. Ms. Mandes received her MPH from the University of Eastern Finland in 2014, and her work has a strong focus on evidence-based chronic disease prevention and reversal, specifically through whole foods and plant-based nutrition. Ms. Mandes also holds a Certificate in Whole Foods, Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies, Rouxbe's Professional Plant-Based Cooking Certification and has completed numerous courses with The Wellness Forum's Institute for Health Studies. Ms. Mandes has extensive community-based experience, specifically through her work for The Food Trust's School Nutrition Education Program in Philadelphia, on the diabetes team of The Native American Rehabilitation Association in Portland, as a Food Coach for Dr. McDougall's and Earth Save International's Meals for Health Program. She currently creates and teaches plant-based programming as the Director of Columbia's Cooking at USC.



UNIVERSITY OF
SOUTH CAROLINA
Arnold School of Public Health