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## Wellbeing

LECTURE SERIES | 2018



### HOW COOKING CAN CHANGE YOUR LIFE

with author and TV personality  
**Michael Pollan**

Made possible in part by the  
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The average American spends just 27 minutes a day preparing food—which means that many people now spend a lot more time watching other people cook on TV than doing it themselves. Unfortunately, the outsourcing of this work has had disastrous effects on our health, family life, and even on our agriculture. To reverse the trend in his own life, Pollan apprenticed himself to a series of gifted chefs, pit masters, bakers, brewers, cheesemakers and picklers. Using his own kitchen adventures as the thread, Pollan makes a compelling case that cooking is one of the simplest and most important steps people can take to improve their family's health and wellbeing, build community, and help fix our broken food system. Approached in the proper spirit, Pollan suggests, cooking becomes political action.

**THURSDAY,  
MARCH 29, 2018**  
7:00pm

Carlson Family Stage  
**NORTHROP  
AUDITORIUM**  
84 Church Street SE  
Minneapolis, MN 55455

**General Public: \$25**  
**UMN Students: \$5**

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**REGISTER:**  
[z.umn.edu/  
WellbeingLecture](http://z.umn.edu/WellbeingLecture)



"Eniva is excited to help bring Michael Pollan to this lecture series. His timely message on the impact and benefits that cooking can make on wellbeing advances the major goal of the Center for Spirituality and Healing. Eniva sees its sponsorship of the Lecture Series as an important way to increase wellness awareness within our local community." —Andrew Baechler, CEO

