

Vegan-style cooking class popular in Cape

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A local cooking course that has its students eating their vegetables - and even loving kale - has become so popular, classes are filling up and people are waiting in line to get a spot.

The 8-week course is offered by The Cancer Project, a Washington, D.C.-based group aimed at cancer prevention and improving survival after diagnosis, through such life changes as vegan cooking.

"It's been an overwhelming response for me now," said Evelisse Capo, a Cape Coral pharmacist who teaches the course. "I'll try to get something rolling."

The only class that still has openings is offered at Four Freedoms Park from 11:30 a.m. to 1:30 pm. on Wednesdays. The first course was this week and the second continues next week.

Capo said she teaches a low-fat, plant-based diet, or "healthy vegan style."

The first class, through Lee Memorial Health System, had such an overwhelming response that the class filled up before it was really even advertised, said Theresa Menocal, oncology outreach education coordinator.

"We filled up the first class so quickly, we had to add a second. We filled up the second class so fast we had enough for two more classes to run," Menocal said.

Capo said she is working to add more classes and will notify the public of future schedules.

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Abstract (Document Summary)

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