



# Healthy Eating Adventure™

*A new leaf on life!*

It's Time to  
Savor the Flavors!  
Starts Wednesday,  
February 8, 2023 • 6 PM

Founders Grille Restaurant • Penn National Golf Club  
Fayetteville, Pa.

Maximize your health  
with plant-based eating!

## IN 28 DAYS:

- Learn to shop, prep and cook Whole Foods Plant-Based
- Bolster your immune system for 2023
- Lower blood pressure and cholesterol
- Lose cravings for sugar, salt and fat
- Lose body fat
- Sleep better, increase your energy
- Help prevent and reverse diabetes
- Protect your heart
- Relieve inflammation & pain



Kick Off: Feb. 8 • 6-8 PM  
**'Savor the Many  
Flavors' Buffet**

## SCHEDULE

**Feb. 8:** Kick off presentation, "The 'Why' of Whole Foods Plant-Based Eating" by Liz George, M.D.  
Kitchen Makeover, Coach Jean Ellis  
MEET YOUR COACH—"How do I get started?"

### Eat and Learn Potlucks:

**Feb. 15:** *The Magical Microbiome*, Dr. George  
Demo: Soup • Sauce • Stew, Chef Nick Lula  
COACH SESSION

**Feb. 22:** *Prevent Inflammation*, Dr. George  
Demo: *Fabulous Breakfasts*,  
Ann & Jane Esselstyn  
COACH SESSION

**March 1:** *The Gut Brain Connection*, Dr. George  
*Making Healthy Wraps*  
*Our Favorite Gadgets*  
COACH SESSION

**March 8:** Graduation –  
Sharing Our Success




Plant-based  
eating is  
good for the  
environment,  
too!



Register online:  
[healthyeatingadventure.org](http://healthyeatingadventure.org)

Cost for Full Series: \$45  
Text/Recipe book: \$18

**Sign up today!**

### Healthy Eating Adventure Includes:

- Experienced Coaches
- Resource Materials
- Weekly Eat and Learn Potlucks
- Mini-Lectures and Q&A with Dr. Liz
- Interactive "How-to" Demos

More info: [www.healthyeatingadventure.org](http://www.healthyeatingadventure.org)

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