

Healthy Eating Adventure™

A new leaf on life!

WATCH FOR
OUR NEXT
ADVENTURE



www.healthyeatingadventure.org

Maximize your health with plant-based eating!

**NOW IS THE TIME!
IN JUST 28 DAYS, YOU CAN...**

- Learn to shop, prep and cook Whole Foods Plant-Based
- Bolster your immune system
- 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

Get healthier & feel great!

Check our website and watch for online registration!

Sign up online at:
www.healthyeatingadventure.org
Course fee: \$45 • Text/Recipe book: \$10

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



Kick off message from Liz George, M.D.
"The Science Behind Whole Foods Plant-Based Eating"

SCHEDULE

zoom sessions Tuesdays 6:30–8:30 PM

- Session 1:** Kick off presentation, *What's HEA?*
Kitchen Makeover, Jean Ellis
MEET YOUR COACH—"How do I get started?"
- Session 2:** *The Magical Microbiome*, Dr. George
Knife Techniques, Chef Nick Iula
COACH SESSION—"Is 100% possible?"
- Session 3:** *Prevent Inflammation, Reduce COVID Risk*
Fun with Kitchen Gadgets
COACH SESSION—"Successes and Challenges"
- Session 4:** *The Gut Brain Connection*, Dr. George
"It's a Wrap"—Making healthy wraps
COACH SESSION—"Favorite Recipes"
- Session 5:** Graduation – Sharing Our Success
Soup • Sauce • Stew Demo, Chef Iula

Healthy Eating Adventure Includes:

- Experienced Coaches • Resource Materials
- Live, Interactive Presentations

More info: www.healthyeatingadventure.org • eatforthehealthoft@gmail.com

Or contact Patti Peck: 717-352-3046 • ppeck@pennhomes.com

Thank you to our sponsors!



SUMMIT (WELLSPAN) ENDOWMENT

