

# Maximize your health with plant-based eating!

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

**Starts February 5, 2025**

Founders Grille Restaurant

Penn National Golf Club • Fayetteville, Pa.



## IN JUST 28 DAYS:

*Learn to shop, prep & cook healthy and delicious meals*

- Bolster your immune system
- Lower blood pressure and cholesterol
- Lose body fat
- Sleep better, increase your energy
- Help prevent and reverse diabetes
- Protect your heart
- Relieve inflammation & pain

**Enjoy a Kick Off Buffet plus Four Weekly Eat-and-Learn Potluck Dinners**

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



**Kick Off: Feb. 5 • 6–8 PM**  
**'Savor the Many Flavors' Buffet**



## SCHEDULE

**Feb. 5:** Kick off presentation, "The 'Why' of Whole Foods Plant-Based Eating,"  
**PLUS!** Intro to HEA by Liz George, M.D.

**KITCHEN MAKEOVER & MEET YOUR COACH—"How do I get started?"**  
With Patti Nitterhouse, Dr. Liz George, Jean Ellis, Coaches

### Eat-and-Learn Potlucks:

#### Feb. 12:

- *The Magical Microbiome*
- **DEMO:** How to sauté • Soup • Sauce • Stew with Chef Nick Iula
- **COACH SESSION—"Is 100% possible?"**

#### Feb. 19:

- *Prevent Inflammation*
- **DEMO:** Kitchen Gadgets
- **COACH SESSION—"Successes and Challenges"**

#### Feb. 26:

- *The Gut Brain Connection*
- **DEMO:** Winter Comfort Foods with the Esselstyns
- **COACH SESSION—"What's your commitment?"**

#### March 5:

**Graduation!**  
**Sharing Your Success!**  
*Celebrating the many successes achieved over the last 28 days.*

MORE INFO & REGISTRATION



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