

## Plant Power your Meals: Free Interactive Workshop



*“Let food be thy medicine and medicine be thy food.”*

*- Hippocrates*

### Free Healthy Eating Workshop

Learn the importance and benefits of incorporating more fruits, veggies and whole grains into your diet and plant power your meals for health.

At this workshop you will learn:

- What it means to ‘plant power’ a meal
- How plant powered meals can help prevent heart disease, diabetes and other conditions
- How plant power can support healthy aging, healthy weight, increased energy levels and memory
- Simple tips and tricks to introduce more plants into your meals
- Taste test several recipes

**Join Eva Molenda, M.D., Chef H. Samuel Bullock and  
Beaumont Community Health to learn more**

**Wednesday, July 24 from 6:00 p.m. - 8:00 p.m.**

Berkley Community Center  
2400 Robina, Berkley, MI 48072

*Tastings provided by Republica*

FOR MORE INFORMATION OR TO REGISTER,  
PLEASE VISIT [CLASSES.BEAUMONT.ORG](https://classes.beaumont.org) OR CALL 800-633-7377

