



Movie & Cooking Class

A “must see” for anyone suffering from heart disease
or any other chronic condition



What has happened to us? Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure.

Heart disease, cancer and stroke are the country’s three leading causes of death, even though billions are spent each year to "battle" these very conditions. Millions suffer from a host of other degenerative diseases.

Could it be there’s a single solution to all of these problems? A solution so comprehensive but so straightforward, that it’s mind-boggling that more of us haven’t taken it seriously?

FORKS OVER KNIVES examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

The idea of food as medicine is put to the test. Throughout the film, cameras follow "reality patients" who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments – while the challenges and triumphs of their journeys are revealed.

**Join me as we watch this movie together
followed by**

- *group discussion &*
- *Vegetarian cooking class hosted by Pampered Chef*



Saturday, February 25th

10:30am to 12:30 am (*movie, refreshments & group discussion*)

1pm to 3pm (*cooking class*)

COST : FREE EVENT