

# Whole-Food Plant-Based Lifestyles

Tuesday, October 15

10:00 am: Conversation

11:10 am: Meeting

**Join Bonnie Sczuka-Dodson of Stepping Stone and Next Steps Peer Support Center and Sharon Reynolds of Infinity Peer Support as they discuss the health benefits of a whole-food plant-based lifestyle.**

Bonnie introduces you to the work of Dr. John McDougall and Forks Over Knives. Sharon discusses the Nutritarian lifestyle popularized by Dr. Joel Fuhrman. Both share a respect for the work of T. Colin Campbell, PhD.



## **Zoom Meeting:**

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09>

**Meeting ID:** 840 7178 5517, **Passcode:** 269641

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