

The Food Prescription

Focusing on wellness and addressing the cause of disease, rather than just treating the symptoms

Want help transitioning to a healthier diet?

Join us for a 5-week class series that will walk you step by step to a whole food plant-based diet. Includes the **free** June 8 introductory class plus the four 90-minute educational sessions.

FREE INTRODUCTORY CLASS

The Food Prescription for a Healthy Life:
A whole food, plant-based diet.

Thursday, June 8, 2017: 7-8:30 pm

- Learn how diet impacts your health
- Evaluate your current diet
- See the benefits of transitioning to a whole food, plant-based diet

Presented by:



Kerry Graff, MD



Linda Rowsick, RD, CD-N

SERIES of Four Classes:

COST: \$125

Registration fee is not refundable.

1 Enacting your Breakfast Plan

Thursday, June 15, 2017: 7-8:30 pm

3 Enacting your Dinner Plan

Thursday, June 29, 2017: 7-8:30 pm

2 Enacting your Lunch Plan

Thursday, June 22, 2017: 7-8:30 pm

4 Troubleshooting

Thursday, July 6, 2017: 7-8:30 pm

- Week by week, Dr. Graff and Linda will guide and support you during the four, 90 minute classes- to assist your transition to a healthier diet
- *The Forks Over Knives Plan* and the *4Leaf Guide to Vibrant Health* books are included in the registration fee
- Food samples, recipes, and other practical, useful references provided to assist you in your transition



Register:

Space is limited so register today!

Call 585-396-6285
by June 5, 2017.

Where:

Thompson Hospital
Constellation Center
for Health and Healing
350 Parrish St., Canandaigua



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