

4 Leaf Lifestyle

SUPPORT GROUP



Ongoing Support Leads to the Greatest Success

The purpose of the 4 Leaf Lifestyle Support Group is to:

- Surround yourself with people who understand and support your goals since this directly increases your chances of long-term success.
- Share information and resources.
- Participants prepare and bring a whole food-plant based dish to share.
(Note: Please bring extra copies of your recipe if able.)



MEMBERS:

Anyone who is interested in pursuing a whole foods- plant based lifestyle is welcome to attend.

WHEN:

Meetings scheduled for the second Tuesday, 6 – 7 p.m.

July 11 and August 8

George Ewing & Associate
Conference Rooms,
Constellation Center for
Health & Healing.

September 12 and October 10

Thompson Health Cafeteria

November 14 & December 12

George Ewing & Associate
Conference Rooms,
Constellation Center for
Health & Healing.

SUGGESTIONS:

If you have suggestions, comments, ideas or concerns, please let a facilitator know or call Linda Rowsick, RD, CD-N at 585-396-6285, or email Linda at: linda.rowsick@thompsonhealth.org