

Food for Health is offered monthly—September through December. It provides cooking demonstrations and education showing how chronic diseases can be prevented, treated, and even reversed with a plant-based diet for an over-all healthier lifestyle.

Tuesday, September 11

Healthy Soil, Healthy Plants, Healthy People
with Timothy R. Howe, MD

Tuesday, October 9

Impact of Lifestyle Choices on Biometrics
with Sheryl S. McWilliams, MPH, RN

Tuesday, November 13

Maximizing Immune System Function
with Timothy R. Howe, MD

Tuesday, December 11

Lifestyle Changes to Reduce Your Risk of Osteoporosis
with Timothy R. Howe, MD

The FREE programs are held at 6:30 p.m. at
MID COAST Center for Community Health & Wellness
329 Maine Street, Brunswick

For more information, please call (207) 373-6585.
www.midcoasthealth.com/wellness



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Community Health
& Wellness

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Food *for* Health

Plant-based
cooking demonstrations
& education to inspire you
to a healthier lifestyle.

