

Food for Health 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, January 16

Fatty Liver Disease: Causes & Cure

with Timothy R. Howe, MD

Tuesday, February 20

Forgiveness & Health

with Timothy R. Howe, MD

Tuesday, March 20

Slowing the Aging Process

with Timothy R. Howe, MD

The FREE programs are held at 6:30 p.m. in the

Teaching Kitchen

Center for Community Health & Wellness

329 Maine Street-SOUTH ENTRANCE, Brunswick

For more information, please call (207) 373-6585.

www.midcoasthealth.com/wellness



MID COAST *Center for*
**Community Health
& Wellness**

www.midcoasthealth.com/wellness

Food *for* Health

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

