

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 19

The Gut of the Matter
with Zach Mazone, DO

Tuesday, October 17

Reducing Your Risk of Breast and Prostate Cancer
with Timothy R. Howe, MD

Tuesday, November 14

Reducing Your Risk of Colon Cancer
with Timothy R. Howe, MD

Tuesday, December 19

Maximizing Immune System Function
with Timothy R. Howe, MD

*The FREE programs are held at 6:30 p.m. at
Brunswick Seventh-day Adventist Church
333 Maine Street, Brunswick*

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

Food *for* Health

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



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

www.midcoasthealth.com/wellness

