

*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.

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**Tuesday, April 17**

**Foods & Rest in a Chaotic World**

*with* Timothy R. Howe, MD

**Tuesday, May 15**

**Plants that Promote Health**

*with* Timothy R. Howe, MD

*Food for Health* presentations will resume in September.

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*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](http://www.midcoasthealth.com/wellness)



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

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# Food *for* Health

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

