



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

# *Health Within Reach*

EDUCATION SERIES



## *The Environmental* **Benefits of a** **Plant-Based Diet**

**Timothy R. Howe, MD**  
*of Parkview Medical Associates*

- How different methods of food production affect land and water use
- How our dietary choices impact climate change
- Understanding the ethical consequences of what we eat

**Wednesday, May 30 • 5:30 p.m.**

***at the Wellness Center***

MID COAST HOSPITAL Parkview Campus

329 Maine Street—SOUTH ENTRANCE, Brunswick, Maine 04011

Photo by Jeff Morris of The Pierce Studio, Brunswick

*Health Within Reach is an ongoing series of FREE talks, classes, demonstrations, and healthy lifestyle options offered by*

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