



The Plant Based Diet

A Healthier Way to Eat

2020

Plant Based Diet 101 Class

Plant-based eating maximizes vegetables, fruits, legumes, and whole grains to help optimize your health. In this 2-session class, you will learn the what, the why and the how of Plant Based Eating. You will learn how to make Plant Based Eating easy and sustainable by preparing your kitchen, shopping, menu planning, and more.

Location: Medical Office Building 5, 3975 Old Redwood Highway

Registration required: Please call 707-393-4167, *Members Only*

Class Schedule – 2 Session Class

Tuesdays, Feb 11 & Feb 18	9:30 to 11:30 a.m.
Tuesdays, Mar 10 & Mar 17	3 to 5 p.m.
Tuesdays, May 12 & May 19	3 to 5 p.m.
Tuesdays, June 2 & June 9	3 to 5 p.m.
Tuesdays, Aug 4 & Aug 11	3 to 5 p.m.
Tuesdays, Sept 22 & Sept 29	3 to 5 p.m.
Tuesdays, Oct 27 & Nov 3	3 to 5 p.m.
Tuesdays, Dec 15 & Dec 22	3 to 5 p.m.

Plant Based Diet Support Group

This group, co-led by a family physician and registered dietitian, is a great place to discuss among other plant-based individuals about the proven benefits of a plant-based diet for common medical conditions. Get answers to important nutrition questions and learn how to sustain plant-based eating as a way of life. Open to the community. **Strongly Recommended to attend Plant Based 101 class prior to attending.**

Location: All groups are held in Medical Office Building 2, third floor, room E3/E4/E5

Registration: Drop-in – *No Registration Necessary*

Class Schedule - Every 3rd Thursday of the Month from 3:00-4:30pm

Jan 16	July 16
Feb 20	Aug 20
Mar 19	Sept 17
Apr 16	Oct 15
May 21	Nov 19
June 18	Dec 17