



November 15, 2016 6:00pm – 10:00pm

Pills, Procedures, or Plants – An Educational Event

Learn how the food you eat can improve your health, protect the environment, and save the animals

Location: Cinema Arts Centre, 423 Park Avenue, Huntington, NY

How We All Can Help Long Island Change For The Better!

Join us for a fun and educational evening featuring local and national speakers & experts. PlantPure Communities, working with Long Island PlantPure™ and the Cinema Arts Centre, is holding an exciting event that focuses on the power of whole food plant-based (WFPB) nutrition to prevent and reverse disease. The event will also cover some of the other benefits connected to WFPB eating. The Agenda includes:

- A special educational presentation on science-based nutrition, by T. Colin Campbell, PhD.
- Sorting through the confusing messages about healthy eating.
- What does it mean to be whole food, plant-based?
- Tips for advancing your WFPB journey and dietary myths to avoid
- The environmental impacts of our food choices.
- The importance of healthy eating for children.
- How our food choices connect to animal rights and ethical issues.
- Recovery Panel - short verbal presentations by people with compelling personal stories.
- The PlantPure Communities Oasis Jumpstart Program – how the funds raised are being used to support low-income and food-desert communities.
- Short videos connected to plant-based eating - local and national.
- Your role in a national grassroots movement.
- Networking among new and old friends.

Confirmed Speakers & Presenters

- **Paula Branson** – Board Member of PlantPure Communities
- **Kim Campbell** – Author of *PlantPure Nation Cookbook*
- **Nelson Campbell** – Founder of PlantPure Communities & Member of the PPC Board of Advisors
- **T. Colin Campbell, PhD** – nutritional researcher, author, member of the PPC Board of Advisors
- **Mitchell Castell** – Group co-leader, Long Island PlantPure™
- **Fran Cohen** – member of Long Island PlantPure™
- **Laurie Courage** – Certified Plant Based Nutrition Educator and Health Coach (CNS graduate, PCRM FFL instructor)
- **J. Morris Hicks** – author of *Healthy Eating, Healthy World* and *4Leaf Guide to Vibrant Health: Using the Power of Food to Heal Ourselves and Our Planet*
- **Stefanie Heath Higgins** – Humane Society of the US, Food & Nutrition Coordinator for Upstate NY
- **Jody Kass** – Executive Director of PlantPure Communities
- **Charlotte Sky** – Cinema Arts Centre Co-Director/Founder
- **Kelley Wind** – Program Director, Coalition for Healthy School Food

Informal Networking, Tastings Reception, Vendors, Healthy Snacks, & Book Signing:

- Kim Campbell – *PlantPure Nation Cookbook*
- T. Colin Campbell – *The China Study* and *Whole*
- J. Morris Hicks – *4Leaf Guide to Vibrant Health: Using the Power of Food to Heal Ourselves and Our Planet*