



**PLANTPURE**  
COMMUNITIES

PlantPureCommunities.org



**November 15, 2016**

## **Pills, Procedures, or Plants – An Educational Event**

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

Host: Huntington Cinema Arts Centre

Location: 423 Park Avenue, Huntington, Long Island, NY

***HOW WE ALL CAN HELP LONG ISLAND CHANGE FOR THE BETTER!***

### **Agenda**

Join us for a fun and educational evening featuring local and national speakers and experts. The nonprofit PlantPure Communities, working with the Long Island Pod and the Huntington Cinema Arts Centre is planning 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 -- including environmental, economic, farming, ethical/animal issues, etc. Planning is underway – discussions will include the following topics and activities (check back often for updates):

- The Basics – Sorting through the Confusing Messages about Healthy Eating
- What does it mean to be Whole Food, Plant-Based?
- Cooking Demonstration
- 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
- The political landscape
- Recovery Panel - short verbal presentations by people with a compelling personal stories
- Literature & Film Review – the most impactful books and movies
- Local resources & Local business reps working to do good and do well at the same time
- The PlantPure Communities Oasis Jumpstart Program – how the funds raised are being used to support low-income and food-desert communities
- Recognition of Local Pods & Group Leaders
- Book signing by several authors
- Short videos connected to plant-based eating - local and national
- Your role in a national grassroots movement
- Networking among new and old friends

*Updated September 30, 2016*