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

Updated November 11, 2016