How Much Does it Cost to Attend?

This FREE program is available to anyone interested! To attend, you must **make the commitment!**

Participant Commitment:

- Ready to attend all 4 classes
- Ready to try new foods/recipes
- Ready to shop, plan, prepare plant-based meals
- Ready to improve your health
- Ready to complete the health survey

THE HEALTHY LIVING CENTER IS SPONSORED BY THE HEALTHY LIVING CENTER FOUNDATION, A 501(C)3 ORGANIZATION.

HLC HEALTH LIVING CENTER SENTARA

The Healthy Living Center Presents:
Plant Based Cooking Series

Register for classes online & over the phone

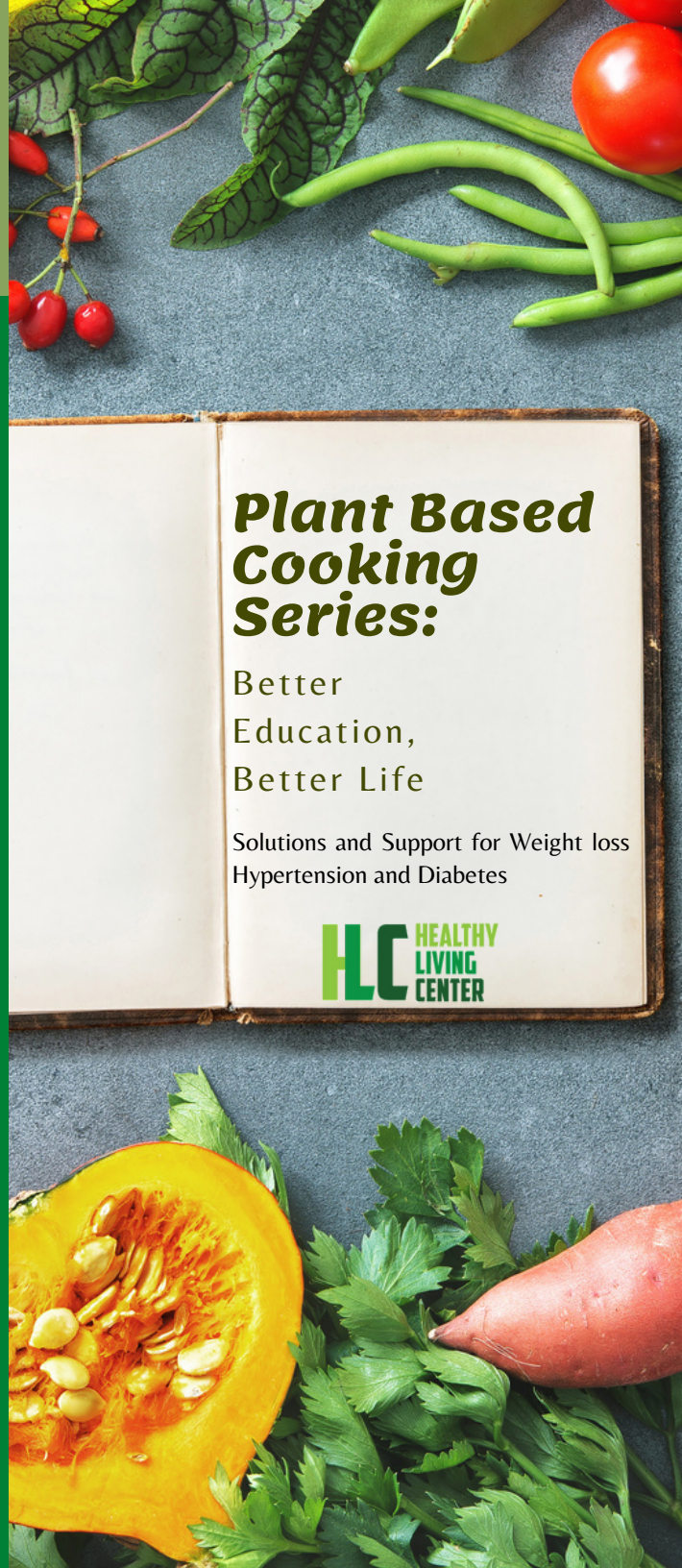
@www.hlcnorfolk.com

@HealthyLiviingCenter Norfolk

@hlcnorfolk

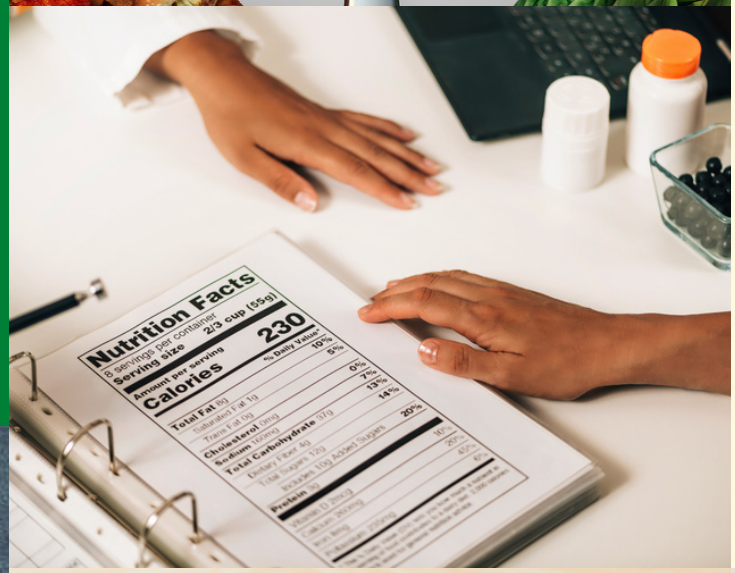
930 Majestic Ste,110 Avenue Norfolk, VA 23504

(757) 622-0542



Plant Based Eating: What's in it for me?

- Promote healthy weight loss
- Reduced risk of Heart Disease, Stroke, and improve blood pressure.
- Reduced cholesterol levels.
- Improve blood sugar control Improved health outlook for you and your entire family



Program Classes

- Diabetes/Pre-Diabetes
- Hypertension/Heart Disease
- Weight Management

Clinical /Education

- The educational component includes a group of multidisciplinary professional facilitators who are board certified health care providers.

Plant-Based Cooking Approach

- The culinary chef team will lead a hands-on interactive instruction on how to prepare an evidence based healthy low fat and low sodium meal for a family of four.