

Plant Based Nation Tucson Fall Conference 2013 Sunday, November 10 2013, 8am-5pm

Registration begins at 7:30am

Explore the wide world of plant based foods; enjoy delicious, foods throughout the day and take home educational resources and tools for living a plant based lifestyle.

Featuring a lineup of physicians, chefs, authors, inspirational speakers and more. Includes a plant based breakfast provided by Urban Fresh and lunch provided by Ascension Cafe

Advanced registration is required.
www.plantbasednation.com/register
or call 602-295-9152

Registration cost is \$60 per person through October 21st. Cost is \$75 per person after October 21st. Space is limited, register early.

Includes Special Presentations For Plant Based Families with Children! We all know how hard it can be to get kids to eat their veggies. Learn how to maximize your child's health with plant based nutrition and how to successfully encourage your child to expand their palate with presenters who specialize in working with children and diet.

www.plantbasednation.com

Programs include:

*How to Make Healthy Food Attractive to Children *with Dr. Ana Tanase and raw chef and health educator Carol Roberge*

*Solutions for Sugar and Stress *with Dr. Ann Baldwin and Sheila Shea*

* Eat by Choice, Not by Habit *with author Sylvia Haskovitz*

*The Fat Factor - Eating a Plant Based Diet Fights Obesity *with Dr. Britt Marie Deegan and chef Joy Kettler Gurgevich*

*Top 5 Myths of Healthy Eating *with Chris Whitcoe of Pure Joy Academy*

*Flirting With Food *with Erika Henson*

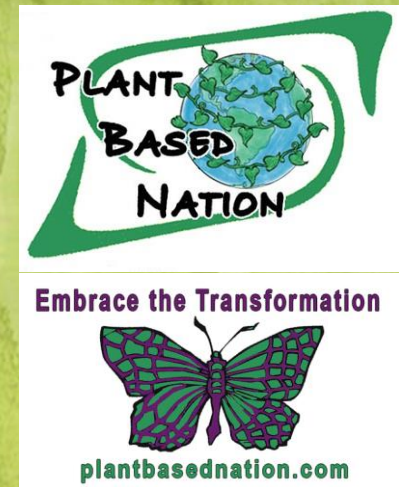
*Lifestyle, the Forgotten Medicine *with Dr. Sal Tirrito (aka The Raw Cardiologist)*

*Brain Food -Plant Foods and Our Children's Development *with Dr. Sharon McDonough-Means and Dr. Marsha Klein*

*Food Choices and Longevity *with Dr. Laura Vendenheede and Janice Hugo Martino*

*Plants as Food and Medicine *with Dr. DeeAnn Saber and Raw Chef Arlene Siegel*

*Genes and Cancer: Busting Myths *with Dr. Thomas Lodi of and health educator Andrea Lambert of An Oasis of Healing*



Plant Based Nation is a 501(c)3 grassroots organization on a mission to educate people about the benefits of a plant based diet. Our goal is to meet people where they are, provide education and resources to help them reach their goals of creating or maintaining a plant based lifestyle

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All information presented is for your general knowledge only, is not a substitute for medical advice or treatment for specific medical conditions, and is not intended to diagnose, treat, cure or prevent any disease. Please consult with your health care provider before making any changes in your health care regime.