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## **FREE PLANT BASED COOKING CLASSES – 2020**

### **COOKING DEMONSTRATIONS RECIPE SHARING SUPPORT GROUP**

#### **Learn how thousands have:**

- Reversed their Type 2 diabetes
- Eliminated or reduced their medications and insulin
- Reversed complications of heart disease
- Lost weight without being hungry
- Eliminated or reduced neuropathy pain
- Freedom from high blood pressure and high cholesterol

#### **Program:**

- Free as a Community Service Initiative
- Educational lectures
- Meal plans and recipes
- Exercise tips
- Weight loss tips
- Questions please call Phillip Pfeifer (706) 463-1415

**Monthly, Every Tuesday Evening – 6- 7:30 PM**

**Jan. 21, Feb. 18, Mar. 24, Apr. 21, May 19,  
Jun. 16, Jul. 21, Aug. 18, Sep. 15, Oct. 20,  
Nov. 17, Dec. 15.**

**Special Guest: The Vineyard Vegetarian Cafe**

**Battlefield  
Community  
Seventh-day  
Adventist Church**

**96 Hillman Lane  
Ringgold, Ga**

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(From I-75  
Northbound, turn left  
on Exit 353, Cloud  
Springs Rd, 3<sup>rd</sup>  
traffic signal, turn  
left on Dietz Rd, 2<sup>nd</sup>  
gravel road turn  
right on Hillman  
Lane)

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Research shows that  
plant-based diets are  
cost-effective, low risk  
interventions that may  
lower body mass index,  
blood pressure, HbA1C,  
and cholesterol levels.  
They may also reduce  
the number of  
medications needed to  
treat chronic diseases  
and lower ischemic  
heart disease  
mortality rates.