



Matrix
Personalized Medicine LLC

Larry Leibowitz, MD



Larry Leibowitz, MD invites you to a free event:
Eating Our Way to Health

An intro to plant-based nutrition and its powerful effects on health, who can benefit and how to begin

A presentation with Q&A by:
Cathy Katin-Grazzini, *Plant-Based Culinary Medicine, Educator & Chef*
at Matrix Personalized Medicine LLC

September 28, 7:00-8:30 pm
At Halo Studios, 45 Grove St., New Canaan, CT
Response Required: [Nutrition Event RSVP](#)
Family and Friends Welcome

What we put in our mouths profoundly impacts our health...for good or for ill. Unrefined, plant-based foods ~ naturally low in fat, high in phytonutrients, fiber, antioxidants & healthy proteins ~ are increasingly recognized as optimal for physical, emotional & cognitive health. A diet rich in unprocessed plant foods strengthens our bodies' innate abilities to ward off infections, lose weight, & recover from chronic diseases. **They help us feel & look our best, inside & out.**

Cathy will show you how simple it is to use vegetables, fruits, beans, whole grains, mushrooms, seeds, spices, herbs & nuts (in limitation) to achieve wellness by creating beautiful, enticing dishes that satisfy completely.

Join us and learn how to take your first steps towards reclaiming your health by changing what's on the end of your fork.

About Cathy Katin-Grazzini:

- Certified in plant-based nutrition, The T. Colin Campbell Center for Nutrition Studies, e-Cornell
- Graduate, Rouxbe Cooking School, Professional Plant-Based Program
- Licensed Instructor, Physicians Committee for Responsible Medicine, Food for Life Programs