

Lapham Community Center invites you to a **free event**

# Eating Our Way to Health



*An intro to plant-based nutrition, why its health effects are so powerful, who can benefit & how to begin*

**A presentation with Q&A by**

**Cathy Katin-Grazzini**

*Plant-Based Culinary Medicine, Educator & Chef*



**Matrix**  
Personalized Medicine LLC

**Larry D. Leibowitz, MD**

**November 13, 10:30-noon**

Lapham Community Center, Waveny Park, New Canaan, CT

**RSVP Required:** [laphamcenter@newcanaanCT.org](mailto:laphamcenter@newcanaanCT.org)

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. Why? They drive down systemic inflammation & oxidative stress. They keep our gut bacteria strong & resilient which keeps us lean, mentally sharp, happy & active. **Plant foods make us feel & look our best, inside & out.**

A diet rich in unprocessed plant foods strengthens our bodies' innate abilities to ward off infections, lose weight, & recover if we've been stricken by a very long list of diverse chronic diseases, including diabetes, obesity, heart disease, cancer, stroke, asthma, COPD & many autoimmune conditions. Plant-based nutrition is also being used to treat neurodegenerative disorders, Alzheimer's Disease & dementia, depression, anxiety, ADHD, & autism.

Cathy will share this information with you, & describe how fruits, beans, whole grains, mushrooms, seeds, spices, herbs & some nuts to achieve vitality & longevity by creating affordable, beautiful, enticing dishes that satisfy completely.

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



- Certification in Plant-Based Nutrition, The T. Colin Campbell Center for Nutrition Studies, Cornell
- Professional Plant-Based Certification, Rouxbe Cooking School
- Licensed Instructor, Physicians Committee for Responsible Medicine, Food for Life Programs