

Schedule for Healthy Together Documentary and Reading Group

Reading from: *The Whole Foods Diet: The Lifesaving Plan for Health and Longevity* by Mackey, Pulde, and Lederman. Meeting at 6:30-8:30 PM in Lincoln Township Library
2099 W. John Beers Rd., Stevensville, MI 49127

Date*	#	Room in Lincoln Twp Library	Chapter & Pages	Topic	Leaders
October					
19	1	Lawrence	Showing of the documentary <i>Forks Over Knives</i>		Joni Jane
26	2	Community	11-23	Foreword and Introduction (Pretest)	Joni Jane
November					
2	3	Lawrence	27-44	1—Are you a whole foodie?	Joni Jane
9	4	Quiet Reading	45-61	2—Calorie rich, nutrient poor	Joni Jane
16	5	Lawrence	63-76	3—Connecting diet and disease	Joni Jane
23	THANKSGIVING BREAK				
30	6	Lawrence	77-90	4—Reverse-engineering longevity	Joni Jane
December					
7	7	Lawrence	91-109	5—Let food be thy medicine	Joni Jane
14	8	Community	111-122	6—The epidemic of our time	Joni Jane
21	CHRISTMAS BREAK				
28	CHRISTMAS BREAK				
January					
4	NEW YEAR'S BREAK				
11	9		123-138	7—The great grain robbery	Joni Jane
18	10		139-154	8—The caveman cometh (Evelyn present?)	Joni Jane
25	11		243-261	14—28 days to transform	Jane
February					
1	12		157-178	9—So what should I eat?	Jane
8	13		179-194	10—The essential eight	Jane
15	14		195-206	11—Healthier & happier	Jane
22	15		207-226	12—Making the shift	Joni
March					
1	16		227-239	13—Change your plate, change your world (Post test)	Joni
8	17		CELEBRATION		Joni Jane

*The date given is the date that the reading is due.

(Revised 9-10-17 at 10:30 a.m.)