



FREE PLANT BASED COOKING CLASSES – 2019

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

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

Special Guest: The Vineyard Vegetarian Cafe

**Battlefield
Community
Seventh-day
Adventist Church**
**96 Hillman Lane
Ringgold, Ga**

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

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.