

HEALTHY VEG SUPPORT GROUP

for health, for the animals, for the environment

**Objective: Support and connect individuals consuming
a whole foods, plant-strong diet**

For:

- New & Aspiring Vegans
- Individuals, vegan or other, wanting to eat healthier

Discussion topics:

- Sharing knowledge on foods, recipes, healthy cooking methods
- Issues in transitioning and maintaining a healthy veg diet
- Nutrition questions
- Social issues
- Books/movies & related discussions
- Raising awareness of the health and environmental risks of the modern meat and processed food based diet

RSVP/QUESTIONS: Lewis Withrow

lew_withrow@yahoo.com

No cost to participate

Thu, 4/9, 6:30-7:30 pm

American Canyon Library, Community Room, 300 Crawford Way



LEWIS WITHROW started researching nutrition in 2001 when, after many years of the wrong diet, he became quite overweight. Today he is 65 pounds lighter and has no trouble maintaining weight, eating all the proper foods that he wants. At 66 years old, Lew either runs or plays tennis daily, and feels he is in the best health of his life. He has a Certificate of Plant Based Nutrition from eCornell and the T. Colin Campbell Foundation, completed a Cancer Project (sponsored by PCRM) cooking course and has attended a McDougall Advanced Study Weekend. Lew has also taught a 'not for credit' nutrition course at Solano Community College.

His recommended diet is plant-based, whole foods, avoiding all meat, fish, dairy, and minimizing oils, processed sugars and foods.

BAVeg is an all-volunteer, 501(c)(3) organization based in American Canyon. We are dedicated to supporting and promoting a compassionate, vegan lifestyle in the Vallejo/Napa area and surrounding SF Bay Area.