



Use these resources to help you make a lifestyle change toward better health.

www.KickstartYourHealth.org

MEDICAL CARE:

Find local health care practitioners who educate their patients on the power of nutrition in preventing and reversing chronic disease.

www.plantbaseddoctors.org



Equip your local health care practitioners to help their patients with nutrition by suggesting they take these free, continuing nutrition education courses online. www.nutritioncme.org



COMMUNITY SUPPORT:

Learn alongside others about the power of plant-based nutrition and get involved in opportunities to expand the movement across Chicagoland.

www.pbnm.org



Find *Food for Life* cooking and nutrition classes across Chicago at www.PCRM.org/ffl



GOOD EATS:

Purchase healthful, ready-to-eat plant-based meals which are free of most allergens and sold at a variety of local grocery stores. <https://plantimeals.com/grocery/>



Discover restaurants with veg-friendly menus by using the app or searching www.HappyCow.com



LITERATURE:

The Physicians Committee has a wealth of educational materials. Visit www.PCRM.org/shop and www.PCRM.org/factsheets.

