



# PLANT Forward



*Reduce your health risks. Reach or maintain a healthy weight. Increase your intake of nutrients. Adopt realistic changes to your eating habits. Learn how to take action to improve your family's health. **This can all happen by going PLANT Forward!***

*This 8-week healthy lifestyle program will give you the tools you need to design and live a plant-based lifestyle that is right for you. During PLANT Forward, you'll not only learn about the benefits for your body but also the benefits of caring for our planet by living more sustainably. Start your healthier eating journey NOW!*

- 8 Week Plant-based Lifestyle Management Program
- Pre & Post Biometric Measurements
- 3 One on One Convenient Coaching Sessions (via in person, phone or Zoom)
- Weekly Group Connection PLANT Forward Seminars

**Cost:** \$20

**BONUS!** Earn a \$20 gift card by the following criteria:

- Attend 2 coaching sessions
- Participate in 4 seminars
- Participate in Pre & Post biometric measurements

**Kickoff Event:**  
Feb. 27, 2019  
12-1pm @ Skutt 104

**Program Dates:**  
Feb. 27– Apr. 15

[\*\*SIGN UP HERE\*\*](#)