

## Hey Atlanta, are you ready to Kickstart Your Health?

The Physicians Committee for Responsible Medicine, along with a team of local health care leaders, invite you—and everyone you know in Atlanta—to eat healthier together for 21 days starting **Nov. 1, 2016**.

Why together? Community engagement fosters healthy changes.

For 21 days, you'll receive easy-to-follow meal plans, daily messages, and more. Sign up for our free online program at *KickstartYourHealth.org*!



Plus, attend these in-person events:

Community Health Talk: Dr. Neal Barnard Wednesday, Oct. 12

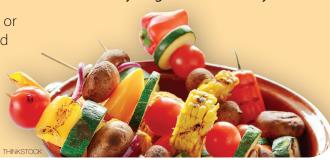




Go to *KickstartYourHealth.org* to register for all of our free events including nutrition classes and grocery store tours!

Round up your friends and family to get started today!

Facebook, Instagram, or Tweet us @PCRM and use the hashtag #KickstartATL.





KICKSTARTYOURHEALTH.ORG

For more information and a detailed event description, click the "REGISTER" link after each event.

- Wed, Oct. 12: Community Health Talk by Dr. Neal Barnard 7:30 p.m. 9 p.m. at Georgia State University. REGISTER.
- Mon, Oct. 17: "Forks Over Knives" Movie Screening 7 p.m. 9:30 p.m. at Plaza Theatre.
  - Option 1: Film will be played in English followed by a Q & A Panel. <u>REGISTER</u>.
  - o Option 2: Film will be played in Spanish followed by a short presentation from a Spanish Physician. <u>REGISTER</u>.
- Thurs, Oct. 27: Healthy Choices Grocery Store Tour with a Registered Dietitian at Kroger Edgewood
  - Option 1: 7:30 p.m. 8:15 p.m. <u>REGISTER</u>.
  - Option 2: 8:30 p.m. 9:15 p.m. <u>REGISTER</u>.
- Wed, Oct. & Nov.: "Food for Life" Class Series over four weeks 7:00 p.m. 9:00 p.m. at Morehouse School of Medicine. REGISTER.
  - o Week 1: Oct. 26
  - o Week 2: Nov. 2
  - Week 3: Nov. 9
  - Week 4: Nov. 16

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<u>View the "Kickstart Your Health Atlanta" calendar</u> in Google to add these events to your calendar.