



KICKSTART ATLANTA

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

Movie Screening: "Forks Over Knives"
Monday, Oct. 17 (Spanish option available)



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](https://twitter.com/KickstartATL).



THINKSTOCK



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. [REGISTER](#).
 - Option 2: Film will be played in Spanish followed by a short presentation from a Spanish Physician. [REGISTER](#).
- 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. [REGISTER](#).
 - Option 2: 8:30 p.m. – 9:15 p.m. [REGISTER](#).
- 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](#).
 - Week 1: Oct. 26
 - Week 2: Nov. 2
 - Week 3: Nov. 9
 - Week 4: Nov. 16

[View the "Kickstart Your Health Atlanta" calendar](#) in Google to add these events to your calendar.

