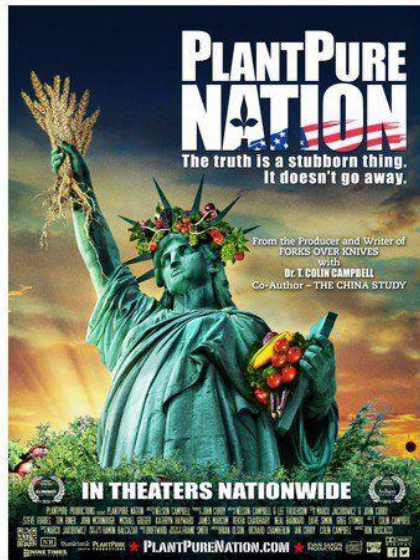


Session on Feb. 6 to tout plant-based nutrition

- Tribune-Star staff report, Jan 31, 2016, Reference:
http://www.tribstar.com/news/local_news/session-on-feb-to-tout-plant-based-nutrition/article_5cc2d8a4-e73d-5ba1-9379-a94d9d86fd30.html



FREE MOVIE - NO TICKETS OR REGISTRATION REQUIRED!
DATE/TIME: February 6, 2016 at 1:30 PM
LOCATION: The Indiana Theatre, 683 Ohio St., Terre Haute, IN 47807
HOST: The Maple Center for Integrative Health
(www.themaplecenter.org)
For more information please call 812-234-8733 or 812-241-0149

Gordon Pleus credits a change in his daily menu with saving his life.

A long-time diabetic, he said his life has changed for the better since he embraced plant-based nutrition, and he hopes others want to learn more about the nutrition movement.

A free movie featuring an international grassroots movement on healthy eating is set for Saturday at the Indiana Theatre. Plant Pure Nation is a documentary that tells the story of three people on a quest to spread the message of healthy eating.

Set for 1:30 p.m., the host is The Maple Center for Integrative Health in Terre Haute. The Maple Center hosts a Plant Pure Pod, a local group that supports plant-based nutrition, and there is also an independent pod in the area.

Pod member Karen Cunningham said that many people who have gone through the nutrition program at The Maple Center participate in a pod. Like Pleus, she has seen many people experience remarkable improvement in diabetes, high blood pressure, heart disease, weight loss and other health issues by changing to a plant-based diet.

The documentary was filmed across the United States and features world-renowned experts, doctors and authors speaking on the topic.

No tickets or registration are required for the Feb. 6 event. There will be some cookbooks and DVDs available for purchase at the theater, but no sales presentation will be made.

Cunningham said that those attending will also be encouraged to ask questions after the film. And, a drawing will give away one free cookbook.

For more information about the event, call 812-234-8733 or 812-241-0149.