



Local Resources

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

MEDICAL CARE:

Visit family physician, Dr. Jonathan Shelton, for a thorough medical evaluation and personalized program centered on plant-based nutrition, exercise, and stress reduction at Physician Assisted Wellness. www.physicianassistedwellness.com



Find local healthcare practitioners like Parul Kharod R.D. who educate their patients on the power of nutrition in preventing and reversing chronic disease. www.plantbaseddoctors.org



COOKING AND EATING OUT:

Receive weekly plant-based meal plans and workouts from Queenie with the option to also receive lifestyle coaching and prepared meals. www.21DaysToPlantBased.com



Find Food for Life cooking and nutrition classes across the Triangle area at www.pcrm.org/ffl



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

GROUP SUPPORT:



Join President of The Triangle Vegetarian Society, Dilip Barman, and other members to walk alongside those interested in eating plant-based in the Triangle. www.trianglevegsociety.org

Engage in online conversation with local members about all things vegan—eating, events, and lifestyle. www.vegantriangle.org



Connect with One Meal a Day (OMD)'s team on the ground to receive support while transitioning to a plant-based lifestyle, along with resources to educate your community and advocate for change in local food institutions. <https://www.meetup.com/One-Meal-a-Day-The-NC-Pilot-Program/>

LITERATURE:

The Physicians Committee has a wealth of educational materials, visit www.pcrm.org/shop and www.pcrm.org/factsheets

