



# Local Resources

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

## HEALTH CARE:

Visit Dr. Jennifer Rooke at the Optimal Health and Wellness Clinic at Morehouse Healthcare, [www.preventionmhc.org](http://www.preventionmhc.org).



For more local, plant-based doctors in Atlanta visit [www.plantbaseddoc.com](http://www.plantbaseddoc.com).

Learn how to treat the cause of type 2 diabetes with food via audio and visual instructions at [www.EatPlantsAndThrive.com](http://www.EatPlantsAndThrive.com).



## LITERATURE:



The Physicians Committee has a wealth of educational materials, visit [www.pcrm.org/literature](http://www.pcrm.org/literature).

## EVENTS:

Save the date for the annual Atlanta Veg Fest. Visit [www.atlantavegfest.com](http://www.atlantavegfest.com).



Register for the Remedy Food Live Event at [www.remedyfood.org](http://www.remedyfood.org).

Find Food for Life classes in Atlanta at [www.pcrm.org/ffl](http://www.pcrm.org/ffl).



## ONLINE GROUPS:

Join a supportive community in your area at [www.plantpurepods.com/pod/atlanta-ga/](http://www.plantpurepods.com/pod/atlanta-ga/).



Find social groups through [www.meetup.com](http://www.meetup.com) such as the Atlanta Vegetarian and Vegan Group, Atlanta Black Vegan Life, Veggie Kids, and more.

## RESTAURANTS/MARKETS:

Eat a delicious meal at a veg-friendly restaurant. Search [www.HappyCow.com](http://www.HappyCow.com) to find a great place anywhere you are.



Visit [www.GeorgiaOrganics.org](http://www.GeorgiaOrganics.org) to learn more about organic farming and discover locally grown food via farmer's markets and CSAs in their "Good Food Guide."

