



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

www.KickstartYourHealth.org

MEDICAL CARE:

Visit Progressive Health of Delaware, a lifestyle medicine practice, where the clinicians work with their patients on improving their nutrition.

www.progressivehealthproject.com



Find local health care practitioners who educate their patients on the power of nutrition in preventing and reversing chronic disease.

www.plantbaseddoctors.org



Equip your local health care practitioners to help their patients with nutrition by suggesting they take these free, continuing nutrition education courses online. www.nutritioncme.org



COMMUNITY SUPPORT:

Acquire new skills one-on-one or in classes with Karen Smith, RD, CDE where she shows you how to create a lifestyle that makes plant-based eating easy.

www.runsonplantsrd.com



Runs on Plants RD

Find *Food for Life* cooking and nutrition classes across Chicago at

www.PCRM.org/ffl



GOOD EATS:

Discover restaurants with veg-friendly menus by using the app or searching

www.HappyCow.com



LITERATURE:

The Physicians Committee has a wealth of educational materials. Visit www.PCRM.org/shop and www.PCRM.org/factsheets.

