



Happy Heart Health Month Friends!

We have had a strong plant based start to 2020 with the Golden Globes, The Critics Choice Awards and the Oscars all going plant based this year! Vegans Joaquin Phoenix and Billie Eilish received Best Actor and Best New Artist respectively (Billie got 6 awards in total). In other encouraging news, #veganuary2020 was an overwhelming success with **400,000 people signed up** worldwide (up 150,000 from 2019).

It's confirmed!! Neeraj and I will give a free [nutrition talk on weight loss](#) this Tuesday, February 11 at 6-7pm hosted by Orangetheory Ancaster. Also our regular monthly potluck is Sunday, Feb. 16, 1-3pm at Strata Montessori with Guest Speaker Dr. Ganguli speaking on best nutrition for heart health ([reserve your spot](#)). If you missed out, you can see pics of our past events at <https://www.plantbaseddoctor.ca/events> and our Plant Based 101 slide presentation is below.

OTHER COMMUNITY PLANT BASED EVENTS COMING UP:

Feb 7, 7-8:30pm (Hamilton) & Feb. 2, 7-8:30pm
(Burlington) Plant based InstaPot Cooking Class at
Goodness Me \$40 [RSVP](#)

Feb. 14 (2 seatings) Valentine's Day Dinner at BLove \$75
info@blove.ca

Feb. 14, 6-10pm Valentine's Day Plant Based Cooking \$125
[TICKETS](#)

Feb 21 6:30-7:30pm [Plant Based 101](#) with Erin Fitzgerald

(free)

Feb 17 6:30-8:30pm [Family Day Vegan Potluck](#) (Mississauga)

Feb. 17 10-2pm Family Day Plant Based Cooking Class \$80
[TICKETS](#)

Feb 24 6-8pm [Vegan Potluck](#) by Energetically Alive

Feb. 25 5-8:30pm Bay Area Climate Council Forum + free
vegan/vegetarian dinner. [RSVP \(Becki and I are going!\)](#)

Feb. 26 11am-3pm [UWO Veg Fest](#) (London)

Save the Date!

Mar 3, 6pm [Screening of The Game Changers with Panel Discussion](#) (with Dr. Amanda Marrone and Dr. Neeraj & Amanda Lakhanpal) at McMaster University

Mar. 18th 7pm - Becki Westover presenting to Burlington Sustainable Development Advisory Committee at City Hall (open to the public)

Join us in supporting the worldwide **Meatless Monday** initiative by signing our friend's [Sweet Potato Project Meatless Monday Pledge](#) Resources to start a campaign at your work or school [HERE](#).

Recipe of the Month: [MINI CHICKPEA FLOUR FRITTATAS \(VEGAN\)](#)

Video of the Month: [Confronting Reductionism Past and Present](#) - Webinar featuring the Campbells.

Health is Wealth,
Becki Westover & Amanda Lakhanpal

Amanda Lakhanpal, B.A.
Plant-Based Nutrition Certificate, Completed (Sept, 2019), T. Colin Campbell Center for Nutrition Studies

and eCornell
Co-founder, Plant Based Burlington-Hamilton
Administrator, www.plantbaseddoctor.ca

Attachments area

Preview YouTube video Why so much confusion around what to eat?
Webinar feat. Dr. Campbell



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