



Happy Self-isolated Spring Friends!

So...our upcoming PBBH events are postponed indefinitely as is most of the world. Email reply if you are interested in participating in a virtual PBBH potluck over Zoom or a Facebook Livestream cooking class. Regardless, we hope that you will take this quiet time to put your full focus on health & wellness (see infographic attached). And on that note, our group's inspirational founder [T. Colin Campbell, has shared his commentary on the Covid-19 crisis](#). Got some more time on your hands?... explore the pandemic topic covered in depth from the following MD's:

- [Pandemics: History and Prevention](#) (1 hour video) Dr. Greger
- [Covid-19 Preventable Pandemic](#) (1 hour audio) Dr. Barnard
- [A Pandemic Possibility on Rich Roll Podcast](#) (2 hour audio) Dr. Bush

Some of you might be interested to know Dr. Amin Ladak, a plant based doctor at the Canadian Centre for Lifestyle Medicine (tel: 416-248-0283) in Toronto, is accepting new patients if anyone needs a family doctor and doesn't mind the travel (when this is over).

ONLINE PLANT BASED EVENTS COMING UP:

April 18 - [Digestive Health with a Social Life Webinar](#)

April 18 - PLANTIFY airing nationwide on CBC TV - documentary about a MD couple using plant based food as medicine in Newfoundland

April 19 - [Global 10-day Jumpstart](#)

April 20 - [Webinar: How to transition to a Healthy Plant based Diet](#) with Denise Massie RHN

May 9 - [Online Plant Based Health Immersion](#)

NOTE: Many plant based restaurants are still open (and hungry) for pick up or delivery orders. [Coven](#), [Empowered Vegan](#), [That Planted Fork](#), [Bistro Vie](#), [BLove](#), [Lettuce Love](#), [Bliss Kitchen](#) are a few local small business you can consider supporting through this tough period.

Recommended Recipes: [Free Forks Meal Planner Trial \(Until April 30\)](#)

Recommended Video: [Coronavirus: How did it start and how do we stop it from happening again? \(6 mins\)](#)

Please feel free to reach out if you are feeling lonely or need support in any way...your Hamilton-Burlington Plant Based Team,

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 Pandemics: History & Prevention



Preview
YouTube video
A Pandemic of
Possibility: Zach
Bush, MD | Rich

Roll Podcast



Preview
YouTube video

CORONAVIRUS: How Did it Really Start & How Do We Stop it From Happening Again? COVID-19



