



Season's Greetings Friends!

Big news! I presented on behalf of PBBH at Hamilton City Hall last week to the Climate Emergency Task Force. Here is the [VIDEO](#) (if you have any ideas where else I can present please contact me). Our next event is this Sunday 1-3pm at Strata Montessori School. Holistic Nutritionist, Anna Nichol (not Loren) will be giving a holiday themed demo which will be followed by our usual potluck. [Full event details and free tickets](#). If you missed out, you can see pics of our past events at <https://www.plantbaseddoctor.ca/events>

OTHER COMMUNITY PLANT BASED EVENTS COMING UP (share poster far and wide):

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Dec 13 [Four Course Vegan Dinner](#) (Guelph)

Dec 14 [Hope For The Holidays](#) (Cedar Row Farm Sanctuary)

Dec 16 [Vegan Potluck Mississauga](#)

Jan 1-30 Vegan Challenge "[Veganuary](#)" (invite loved ones to give it a try)

Jan 26 [Vegan Cheese Workshop](#) (I'm going!)

Jan 27 [A Prayer for Compassion screening/potluck](#) (London)

Health is Wealth,

Becki Westover & Amanda Lakhanpal

DECEMBER'S RECOMMENDED RECIPE [Tahini Oatmeal Cookies](#)

Gluten Free Tahini Oatmeal Chocolate Chunk Cookies - Broma Bakery

Yes these Tahini Oatmeal Chocolate Chunk Cookies are vegan, gluten free, and refined sugar free, but they sur