



Happy Leap Day Friends!

Just this week, the International Journal of Epidemiology published an [important study](#) which concluded "Consuming as little as 1/4 to 1/3 cup of **dairy milk** per day was associated with an **increased risk of breast cancer** of 30%...By drinking up to one cup per day, the associated risk went up to 50%, and for those drinking two to three cups per day, the risk increased further to 70% to 80%," said the study author. Please share with the women you know. in your life.

On Mar. 7 @ 8:30am at Limeridge Mall (meet near Old Navy), join Dr. Neeraj Lakhanpal for his 2nd "Just Walk" (topic: Dispelling Common Myths about Plant Based Nutrition). Also our **regular monthly potluck is Sunday, Mar. 15, 1-3pm at Burlington Public Library Alton** with Becki leading a discussion on the video "What is the Healthiest Diet?". On the climate emergency front, Becki is presenting to Burlington Sustainable Development Advisory Committee at City Hall (open to the public) Mar. 18, 7pm, and on Mar. 28 at 9am Becki will be leading a 5 min talk before her "Just Walk" event. 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:

March 1, 9:30am [Yoga and Brunch](#) (Bliss Kitchen - Waterdown) \$30

March 1, 12pm - [Yoga & Plant Based Living Benefit](#) (Toronto)

March 6, 7pm - [Vegan Cheese Workshop](#) @ Goodness Me

(Upper Gage) \$ 40

Mar 7 10am [Food and Beauty in your Backyard](#) **Free**

March 6 - Plant Based [Instapot Class](#) @ Goodness me \$40

March 8 - [Dr. Greger Talk](#) (Toronto) \$75

March 9, 7-9pm [Intro to Knife Skills](#) - That Planted Fork \$15

March 13 6:30-8pm - [Create your own Buddha](#)

[Bowl](#) \$35 @ Andybela Teas and Gourmet Foods

March 19, 6-8pm [Plant Based Persian New Year](#) \$40

(Mississauga)

Mar. 20 [GREEN St. Patty's Day inspired meal at B. Love](#)

March 21, 1:30pm [Why are Black Americans going Vegan?](#)

[\(Plant-based Lunch & Health Talk](#) (Toronto) **Free**

March 21 6:30pm [Food for Beauty and Health](#) \$65

(Mississauga)

March 26, [Test Kitchen with Jack Middleton -BBQ Seitan](#)

[Ribs](#) (Goodness Me -Burlington) **Free**

March 29 12:30-2:30pm - [Veggies of H-B Brunch](#) at

Beertown

April 1, 7-9pm - [Plant based brunch](#) at Dundurn Market \$45

Save the Date!

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

May 1-3 [Dr. T. Colin Campbell Talk](#) (Conference Pass is \$197 or \$100)

May 2 [Veggie Fest Hamilton](#) **Free** (Neeraj & I will have an "Ask a Plant Based Doctor" booth and will be guest speakers)

May 29-30 - The [Plant Based Show](#) (Toronto)

Recipe of the Month: [Pumpkin Red Lentil Dahl](#)

**Video of the Month: [Grow your own square foot garden](#)
(Mar. 11 @ 1pm Webinar)**

Health is Wealth,
Becki Westover & Amanda Lakhanpal

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