



Happy New Year Friends!

Let's start 2020 with a commitment to healthy living! An impressive [case report](#) was just published in the British Medical Journal if you are looking for some extra inspiration (skip to read the patient's perspective on page 4). The start of a new year many people are more open to making change - why not invite loved ones to give a free [21-day Vegan Kickstart](#) a try! Our group's next event, "Potluck and Plant Based Tips for Going Vegan in 2020", is on Sun, Jan. 19, 1-3pm at Burlington Public Library Alton. I have also attached our 2020 Winter/Spring event poster so you can plan ahead. If you missed past events, you can see pics [HERE](#).

#### OTHER COMMUNITY ORGANIZED PLANT BASED EVENTS COMING UP:

Jan 8, 7-8:30pm- [Free intro to Plant Based Living](#) at Goodness Me (Hamilton)  
Jan 9, 7-8:30pm - [Free Intro to Plant Based Living](#) at Goodness Me (Burlington)

Jan 11, 5:30-7pm Free [Dinner with a Doctor: Is Diabetes reversible?](#) (Toronto)  
Jan 16, 7-9pm [Urban Vegetable Farming](#) (free)  
Jan 18, 12-3pm [Vegan Cooking class](#) (\$95)  
Jan 22, 6pm [Sea Shepherds screening of Chasing the Thunder](#) (Kitchener)  
Jan 24-Feb.2 - [Free online health conference](#) live streamed on youtube  
Jan 26, 11am [Vegan Cheese Workshop](#) (\$45)  
Jan 27 [A Prayer for Compassion screening/potluck](#) (London)

Limited Spots/Pre-registration required:

MARCH 4-25, 6-8pm [Plant Based Cooking Class for Beginners](#) (\$40) Guest presenters Dr. Neeraj & Amanda Lakhanpal

MARCH 8, 12:30pm [Tickets to How Not to Diet: Evidence Based Weight Loss by Dr. Greger \(Toronto\) now on sale!](#) (Becki and I have our tickets & will plan a meet up)

Health is Wealth,  
Becki Westover & Amanda Lakhanpal

**\*\*JANUARY'S RECOMMENDED RECIPE:**  
[No Tuna Chickpea Salad](#)



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Attachments area