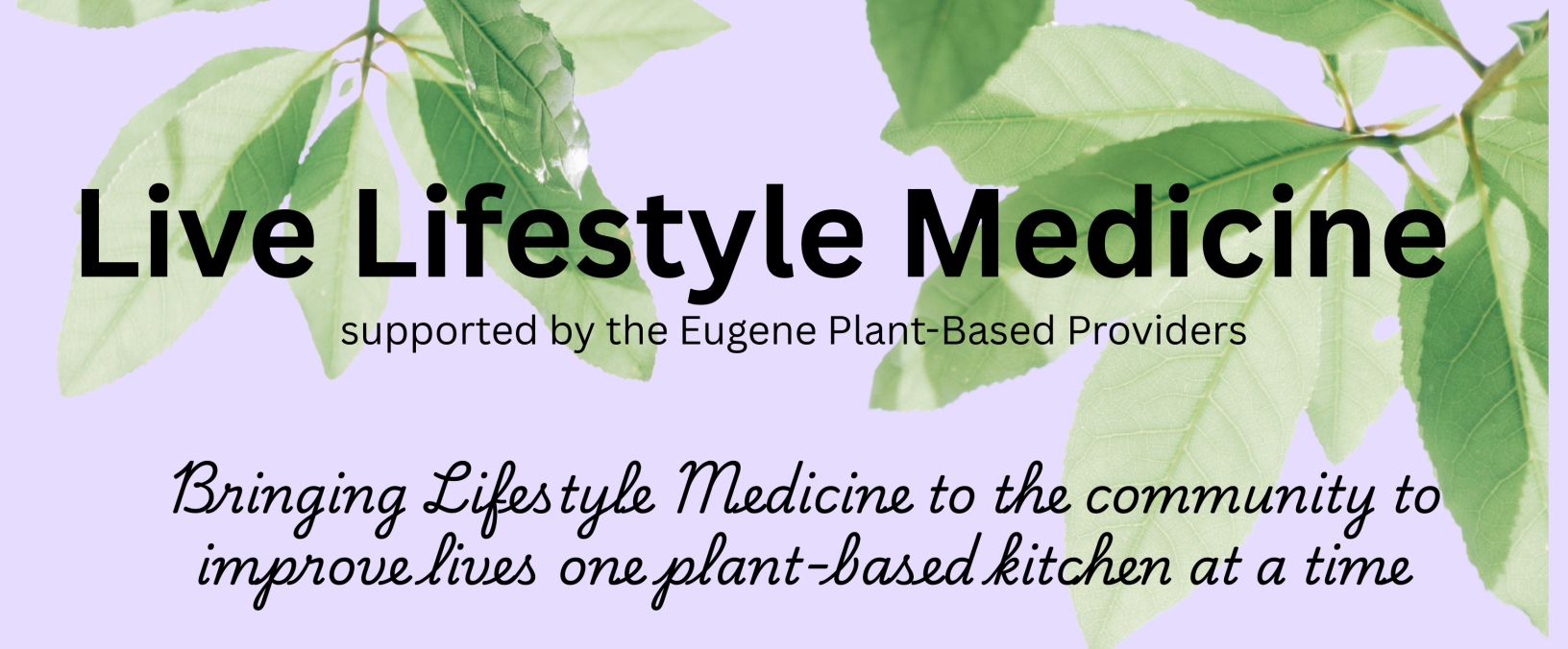




Live Lifestyle Medicine

supported by the Eugene Plant-Based Providers

*Bringing Lifestyle Medicine to the community to
improve lives one plant-based kitchen at a time*

Eat More Plants



Stay Calm

Cultivate Connection

Keep Moving



Sleep Well

Avoid Risky Substances

free in-person and online community classes

grocery store tours

movie nights

potlucks

community walks

cooking demonstrations



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