



Whole Food Plant Based Eating Class *Online*

This program will provide you with an understanding of the research behind a plant-based approach to improving health.

This program aims to empower you to:

- Learn the Why, What and How of Whole Food Plant Based Eating.
 - Eat plant-strong, along a spectrum that works for you.
- Reduce your risk of chronic conditions and associated symptoms.
- Improve your overall health while helping you feel your best.

Taught by a Registered Dietitian

Open to Kaiser Permanente Members

Single session, 2-hour class on Wednesdays

Offered 2nd Wednesdays from 10:00am-12:00pm

& 4th Wednesdays from 5:00pm-7:00pm

For more information and to register,
call the Health Education Department at (415)833-3450
or email Sfhealthed@kp.org

Scan the QR Code to schedule the Whole Food Plant Based Eating Class

