

You're Invited to take part in an EXCLUSIVE, LIFE-CHANGING OPPORTUNITY!

What: 7-Day Rescue: Plant-Based Nutrition Pilot Program featuring Rip & Jane Esselstyn

When: Thursday, October 1st – 6:30 p.m. - launch of the 7-Day Rescue (additional dates apply)

Where: Miller Nature Preserve – Orchid Room Demo Kitchen, 2739 Center Road, Avon

Who: Any North Ridgeville resident or employee who is not currently following a plant-based diet, and is willing to partake in a 7-day pilot program to test the effectiveness of immersing into a whole foods, plant-based nutrition program to lower cholesterol, weight, and blood sugar.

Why: This pilot program will aim to increase the likelihood that participants will incorporate more fresh fruits and vegetables into their lifestyle, to prove that just one week of lifestyle changes can have the power to make improvements in our health, and to raise awareness of the benefits of plant-based nutrition.

HOW? Program participants will use an advance copy of Rip Esselstyn's new book, to be published in 2017, plus a provided shopping list, and recipe meal plan. Daily food journals will be emailed to Rip's team of coaches for guidance and support.

Rip Esselstyn, national speaker and best-selling author, will fly in from Austin, Texas for the launch on October 1st and lead the presentation. His sister, Jane Esselstyn, R.N., will conduct a cooking demonstration and food sampling for participants.

Monday, September 28th - 7 a.m. at North Ridgeville Senior Center– participants will have a blood draw conducted to measure full lipid panel and fasting glucose, plus weight, BMI & blood pressure.

Thursday, October 1st - 6:30 p.m. – Launch Event at Miller Nature Preserve

October 5th – 11th – **Participants will complete the 7-day pilot program!** They will complete daily food journals and send them via email to coaches from the Esselstyn team. Guidance will be given on their progress. A facebook group will be created and serve as a virtual support system during the pilot. Local grocery store tours will be conducted to help people prepare meals. Local restaurants will offer plant-based meals during the pilot.

Monday, October 12th – 7 a.m. – Participants will complete post-screening / blood draw.

Thursday, October 15th – 6:30 p.m. – conclusion at Miller Nature Preserve. Results shared, celebrated – kale cake for everyone! Rip & Jane Esselstyn to be on-site.

Registration is limited – email PlantBasedCLE@gmail.com for more information or call Laurie at 440-653-6498.