



## COOKING CLASS

### Plant-Based Eating

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**MAY 30TH | 10 AM**

18255 VICTORY BLVD., RESEDA CA 91335

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As more and more individuals reduce their carnivorous ways, one essential question remains: Are vegetarian and vegan diets healthy? The answer is, yes. If appropriately planned, these diets can be healthy, nutritionally adequate, and may provide benefits in the prevention and treatment of certain diseases. There are still myths that surround the health implications of a vegetarian diet. Get the facts and taste some delicious, healthy and easy to prepare plant-based diet options.

**Presented by: Regal / Lakeside Medical Group**

