



ROCHESTER ZEN CENTER
A BUDDHIST COMMUNITY

A Lecture on Plant Based Nutrition

Institutions, popular entertainers, and medical doctors are increasingly advocating for more plant-based diets. Learn what a whole-food, plant-based diet is and learn some of the science that suggests benefits for heart disease, cancer, diabetes, and weight loss.

A board-certified family physician, Dr. Tom Campbell is co-founder and clinical director of the University of Rochester program for Nutrition in Medicine and will draw on his experience to help audience members take better control of their health.

Sunday, June 26, 11 o'clock (after zazen and tea)

