



Dining with a Plant-Based Doctor

With Drs. Koushik R. Reddy, MD or Angela Persaud-Reddy, MD @ Green Culture Restaurant



A series of health-related topics led by a physician of the **Plant-Based Lifestyle Movement.**

Finally, the answers to those pressing questions you have! Arrive, order a meal, take a seat and relax, and the doctor will give a presentation on the topic of the day, followed by Q&A.

Every 3rd Sunday, 6 pm

Order of classes for 2021:

1. Intro to a healthy lifestyle 5/16
2. Cholesterol & Hypertension 6/20
3. Obesity 8/15
4. Diabetes 9/19
5. Stroke 10/17
6. Heart disease 11/21



Green Culture
1420 Seven Springs Blvd Trinity, 34655
727-375-2233
eatGreenCulture.com

