



Turning the Inverted Food Pyramid Upside Down: *Embracing Plant-Based Nutrition for Personal and Planetary Health*

Speaker: Mladen Golubic, MD, PhD

Location: Virtual | ccemployeewellness.com/wellness-insider

Date and Time: Wednesday, April 1 | noon - 1 p.m., EST

Objectives:

1. Identify the health advantages of adopting a plant-based eating pattern, including reduced risk and improved management of lifestyle-related chronic diseases.
2. Encourage a holistic view of health that connects personal dietary choices with broader environmental and social implications, promoting an optimal lifestyle for individuals and the planetary ecosystems that support human health.
3. Discover actionable strategies for incorporating more plant-based foods into daily meals.

All caregivers are welcome to attend this presentation.