

21-Day

Plant Powered Jumpstart



Plant Powered
Metro New York



A Virtual Health Empowerment Program

The 21-Day Plant Powered Jumpstart is your chance to experience the power of nutrition in healing, and to learn practical skills that will make a new, health-promoting lifestyle possible. You can power your mind and body with the diverse world of plants!

Why Whole Food, Plant-Based Nutrition?

Whole food, plant-based nutrition has the power to prevent, treat, and sometimes even reverse conditions like...

- ✓ heart disease
- ✓ diabetes
- ✓ obesity
- ✓ hypertension
- ✓ kidney disease
- ✓ chronic pain

www.plantpoweredmetrony.org/jumpstarts

Orientation

Thursday, January 9, 7:00 - 9:00 PM ET

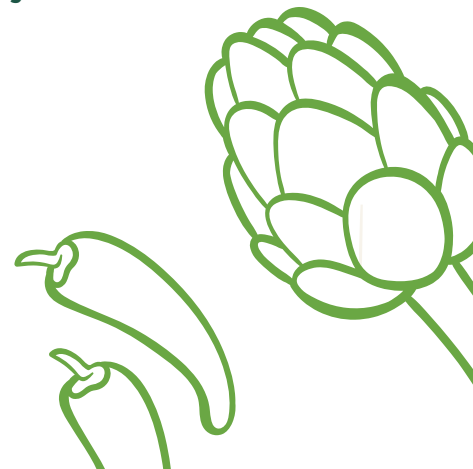
Educational Sessions

- Sunday afternoons, January 12 + 26
- Thursday evenings, January 16 - February 6
- Tuesday evening, February 4

Group Mentorship Meetings

Tuesday afternoons or evenings,
January 14 - 28

**Learn more and register by
Monday, January 6**



What's Included?

- Engaging educational sessions covering the basics of evidence-based nutrition, grocery shopping, mindset, and more!
- Support with setting and achieving goals for healthy eating
- Medical intake from clinicians knowledgeable in food-as-medicine
- Weekly group mentorship meetings for affinity groups, like those with specific chronic diseases or similar life stages
- Farmers' market tours for local participants
- Culinary demonstrations to build your recipe repertoire and meal prep skills
- A virtual community for peer-to-peer support
- A jumpstart app with easy access to resources, including a shopping list and meal planning resources
- A chance to win prizes to support your whole food, plant-based lifestyle!

Program Eligibility

The 21-Day Plant Powered Jumpstart is open to adults ages 18+ from the New York metro area and beyond!

Program Fee

Fees directly support our program costs. Choose the rate that best fits your budget.

- **Sustainer rate: \$150**
Pays for your participation
- **Sponsor rate: \$250**
Supports participation for you, plus a donation
- **Community rate: \$50**
Discounted for those who need it

If you or your organization are interested in sponsoring multiple participants or joining as a group, contact us at jumpstart@ppmny.org.



Presented by



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