

Present  
An Evening with Dr. Neal Barnard

Thursday  
September 26th



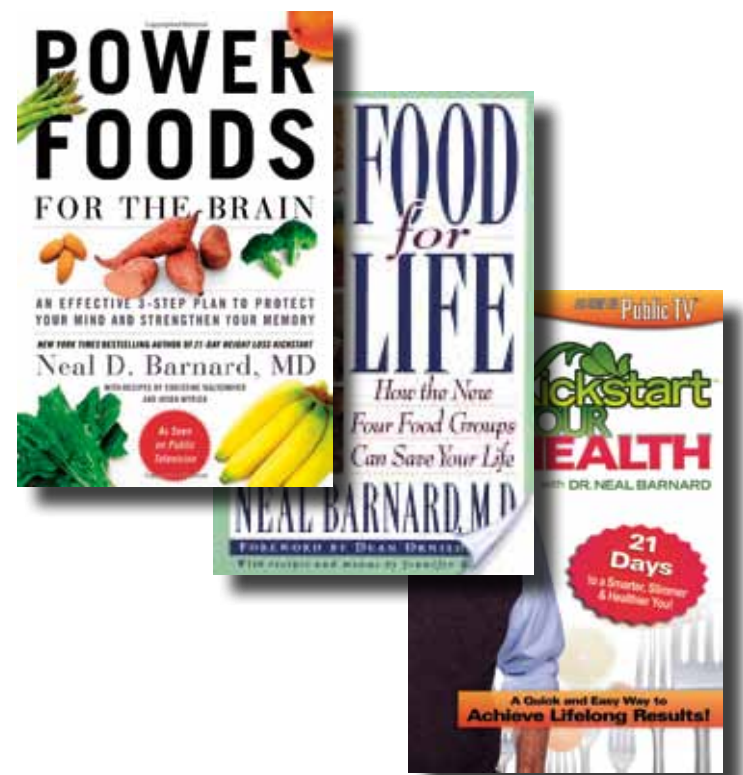
As seen on  
Dr. Oz, CNN, PBS,  
& TED Talks  
Author, Clinical Researcher,  
Health Advocate

Learn about  
“Food Power for a Healthy Life”

Presented by:  
Dr. Neal Barnard, President of PCRM  
6:00 PM, Burgin Center  
Mercersburg Academy, Mercersburg, PA  
Admission: Free - Donations Suggested

Savor the Fabulous Flavors of a Heart Healthy Meal:

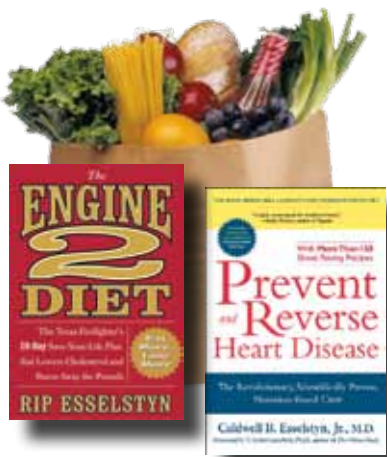
Join us at 7:00 PM, Ford Hall, Mercersburg Academy  
Dinner RSVP required:  
NealBarnardDinner@mercersburg.edu • \$10 per person



♥ Discover new taste buds ♥ **Kick Start Your Healthy Eating Commitment!!** ♥ Sustain Good Health ♥  
♥ Lose those cravings ♥ Lower Blood Pressure & Cholesterol ♥ Normalize Glucose ♥ Lose Body Fat ♥ Sustain Good Health ♥

Learn about our “28 – Day Adventure in Healthy Eating” as featured on WGAL. Interested persons can find out about signing up for this year’s Adventure Oct 3rd–Nov 7th. Experience success in taking on healthy eating habits by working with a coach and ongoing support.

For more information, visit us at: <http://healthyeatingadventure.org>



Funded in part by the Summit Endowment Fund