

Healthy Eating for Parkinson's

Join us for a 3-part practical series on healthy eating for people with Parkinson's.

With Robyn Murrell of IMPACT Parkinson's, Dr. Caroline Coombs, ND,
and Wendy Wells, RHN

Part 1 - LEARN about the diet/microbiome connection, testing available for people with Parkinson's, eating a plant-focused diet, and how diet affects Parkinson's symptoms and medication.

Saturday, September 28, 10am-12

IMPACT Parkinson's Society, 103-450 E Columbia St, New West

Part 2 – SHOP with a Nutrition Consultant at Choices Markets during a 90 minute Parkinson-specific group nutrition tour.

October

Choices Markets, Burnaby Crest

Part 3 - CREATE simple healthy dishes with the team from Amaranthus, a plant- focused restaurant .You will share food together, plus take home healthy recipes!

Thursday, November 21, 6-8 pm

Amaranthus, 112-810 Quayside Drive, New West

Cost: \$115.00

Register: Call 604-525-2631 or **Email** info@impactparkinsons.com

Website: www.impactparkinsons.com



Amaranthus