



LIFESTYLE EXPO



PLANT BASED

November 18th
Wednesday 4:30pm to 9:30pm
Seaholm High School
Main Auditorium Lobby
2436 W Lincoln St, Birmingham

BONUS OPTION!
6:30pm to 8:30pm **INSIDE** the Auditorium:

*Recent Advances in Preventive
Cardiology & Lifestyle Medicine*
Dr. Barry A. Franklin, PhD

*Hope for Diabetes - From
the Middle of Nowhere*
Dr. Caroline Trapp, DNP, ANP,
BC, CDE, FAANP

\$15 Prepay Online at PBNSG.org OR
\$20 at the door while seats remain
(Note: the Expo is FREE, Presentation is optional extra)

Exhibits & Displays

Check out an exciting variety of healthy food and fitness resources, and unique holiday gift ideas for everyone interested in a healthier lifestyle, designed to help to prevent or reverse disease and live a vibrant life.

- ◆ Beauty & Personal Care
- ◆ Wellness Services
- ◆ Trainers & Fitness Coaches
- ◆ Professional Chefs
- ◆ Authors & Presenters
- ◆ Vegan & Vegetarian Restaurants
- ◆ Community Organizations
- ◆ Holistic Health Professionals

Many exhibitors provide free samples and show specials exclusively at the expo.

