

Health is a Gift You Give Yourself

Health and vitality are largely the result of lifestyle choices that are available to all.

Please join Dr. Robert Breakey and Marc Ramirez for an eye-opening discussion about the **healing power of a whole food plant-based diet** and how it can not only increase your vitality but can also **prevent and in many cases even reverse** chronic diseases like **type 2 diabetes, heart disease, high blood pressure and weight concerns**. There will be time for questions.

Saturday, May 4, 2019, 2:00 – 3:30 p.m.

Ypsilanti Senior Center

1015 N. Congress Street, Ypsilanti, MI 48197

To reserve your spot, email Andrea at embraceplants@gmail.com or register online at [Eventbrite.com](https://www.eventbrite.com) ("Health is a Gift You Give Yourself" in Ypsilanti).

Doors open at 1:30 p.m. This event is **free of charge**.

Free food! Enjoy samples of delicious plant-based dishes and desserts generously donated by ***Hutkay Fusion*** and ***Joyful Treats Catering***.



Dr. Robert Breakey has practiced Lifestyle Family Medicine in Ann Arbor for 33 years. He has special interests in health promotion, whole food plant-based nutrition, positive wellness and supporting the natural healing process that we all have within us. He has led dozens of these seminars for both community and professional audiences over the past 35 years.

Marc Ramirez is a former U-M football player who developed severe type 2 diabetes, high blood pressure and high cholesterol for which he was taking 5 medications. He thought these conditions were just a result of bad genes and aging. He also suffered from obesity, erectile dysfunction, psoriasis, frequent heartburn and poor sleep. He will share his remarkable story of fully reversing these conditions with a plant-based diet and then starting a non-profit called "Chickpea and Bean" to empower others to take back their health with a plant-based lifestyle.



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Free Presentation about the Healing Power of Whole Food Plant-Based Diets

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Arrive, register & find seats	1:30 p.m.
Welcome & introductions by Marc Ramirez	2:00 p.m.
"Health is a Gift You Give Yourself" by Dr. Robert Breakey	2:05 p.m.
"Reversing Diabetes – My Personal Journey" by Marc Ramirez	2:35 p.m.
Guest speakers share their stories of adopting plant-based diets	2:55 p.m.
Panel discussion for questions & answers	3:10 p.m.
Formal presentation ends	3:30 p.m.
Sample plant-based foods, ask individual questions, mingle, enjoy each other's company	Until 4 p.m.

Special thanks to:



for generously donating samples of delicious plant-based foods for attendees to enjoy!