



Happy *Continued* Self-isolated Spring Friends!

It's not all depressing news...we are excited to announce that co-organizer Becki Westover is officially a Plant Based Nutrition Certificate graduate! More good news....PBBH is moving our events online!! Three May events are scheduled below - just join with the link on the specified date/time after logging on to your zoom account (its free if you don't have one). Hope that you all can make it first **THIS Saturday**, May 9th at noon with some delicious recipes to share live (as well some much needed safe socializing).

Mental health is an important consideration as this time of heightened stress. Our family practices [Transcendental Meditation](#) 2x daily to take the edge off. If that is not an option but you need help managing your stress levels, check out this free 14-part [abdominal breathing](#) series led by Dr. Tony Nader, MD.

If anyone is interested in saving 40% off bulk organic staples like oats, rice and beans, I came across Firefly (Wholesale) Cooperative and tried it last month. Just reply to this email and I can forward the contact info and pricing if you are interested. I think the next order is in June for July delivery.

### **ONLINE PLANT BASED EVENTS COMING UP:**

Until May 8 ONLY - Replay of all [Food Revolution Summit](#) interviews (Free)

May 7, 7pm [Plant based cooking online](#) (Free)

May 8, 7pm [Webinar: Plant Based Pantry](#) (Free)

**May 9, 12pm - [PBBH ZOOM Show & Tell Lunch Potluck](#) (Free)**

May 9 - [Online Plant Based Health Immersion](#) (Free)

May 10 - [Global 10 Day Jumpstart](#) (Free)

**May 16, 11am - [PBBH Zoom Webinar with Kim from Picky Diet "Immune Boosting Foods"](#) (Free)**

**May 23, 1pm - [PBBH Zoom Cooking Demo with Chef Fraser from That Planted Fork "Knife skills"](#) (Free but reserve a spot on FB link and I will send a Zoom link later)**

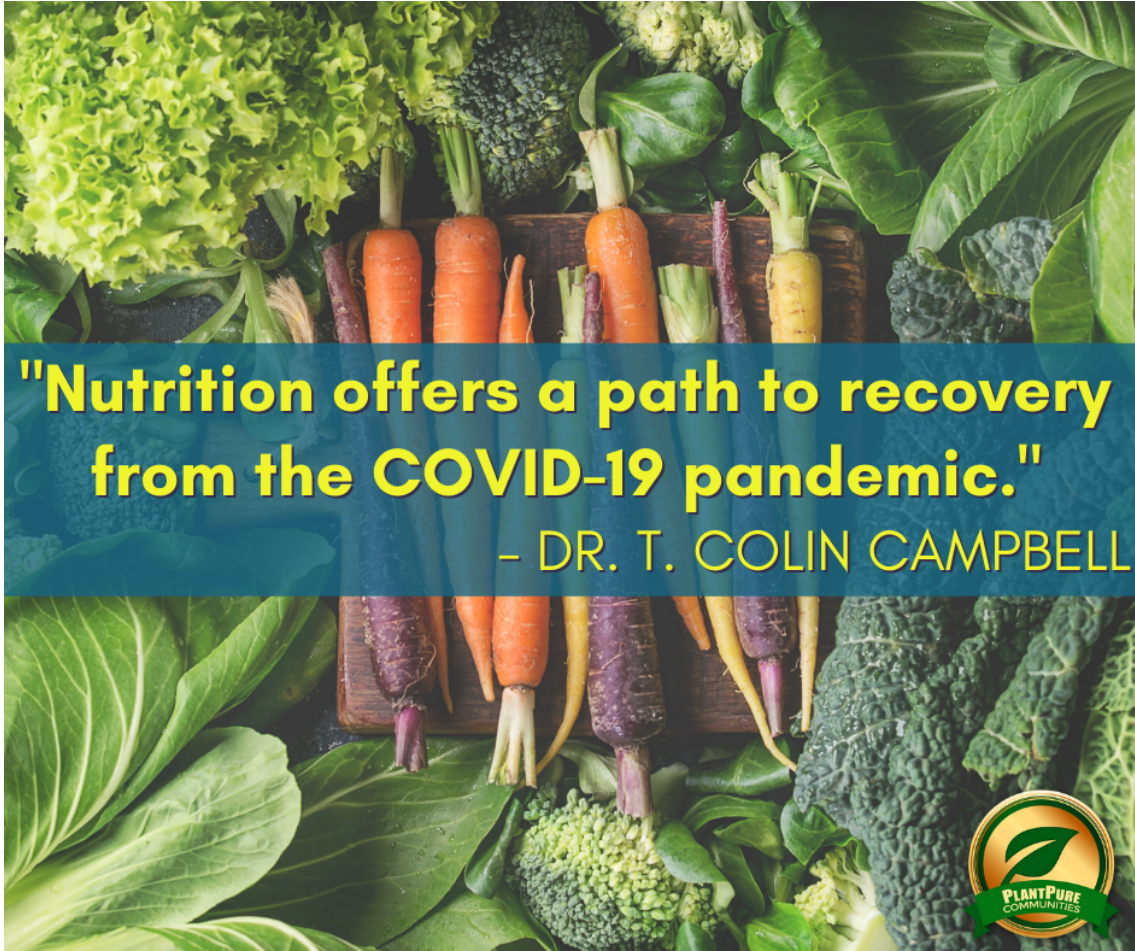
May 31 [Plant based Taco Night](#) (contact That Planted Fork in case it is postponed)

**Recommended Recipe: [Farro Blueberry Salad](#)**

**Recommended Videos: [Why Haven't we Heard This Before? The Truth about Nutrition and Covid-19 \(Dr. Klaper & Nelson Campbell\)](#) OR [Disease Transmission \(MDV\)](#)**

Please feel free to reach out if you need support in any way...your Hamilton-Burlington Plant Based Team,  
Becki Westover & Amanda Lakhanpal

**Listen to T. Colin Campbell's lecture: [NUTRITION EMPOWERMENT: HOPE IN A WORLD OF CONFUSION](#) for more on this....**



**"Nutrition offers a path to recovery  
from the COVID-19 pandemic."**

**- DR. T. COLIN CAMPBELL**

Attachments area

Preview YouTube video The Truth about Nutrition and COVID-19 with  
Dr. Michael Klaper and Nelson Campbell



Preview YouTube video Nutrition Empowerment II Dr. T Colin Campbell

