



The Villages WFPB Support Group Monthly Digest
December 2023

This group was created to support your interest in a WHOLE FOOD PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts, seeds and eliminates oils.

This site and services are for support and informational purposes only and should not be construed as medical advice.

The Villages WFPB Gatherings

When: Second Thursday of Each Month

Where: Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

Time: Noon-1:30

Who: Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe.

Description of Compliance: <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

Save the Dates for 2024 Gatherings:

January 11	April 11	July 11	October 10
February 08	May 09	August 08	November 14
March No Gathering	June 13	September 12	December 12

THERE WILL NOT BE A GATHERING AT RIVERBEND IN MARCH OF 2024!

50/50

Our first 50/50 drawing was a success. Participation contributes to supporting club supplies and initiatives. Tickets were offered at the door and winners were announced after lunch and before our question & answer session. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"

(Must be present to collect)

Coming Attractions...

January

"Every time we eat is an opportunity to fuel our bodies and protect against and fight diseases." Please join us as our speaker, Dr. Laura Varich, a certified lifestyle medicine physician and the founder of FreshPhysician.com, shows us simple ways to Health-Up Any Meal!

February

Ready to spice up your life? Please join us when Jody Nelson from The Spice and Tea Exchange in Brownwood talks to us about spices, herbs, and teas!

March

NO GATHERING - CENTER WILL BE CLOSED FOR VOTING.

January 21 - Challenge

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

SOLD OUT - SOLD OUT- SOLD OUT - SOLD OUT - SOLD OUT- SOLD OUT - SOLD OUT

PLEASE CALL PAUL HIMES TO GET ON THE WAITING LIST: 352-638-0955.

Dr. Michael Greger to Speak:

Dr. Michael Greger will be speaking in The Villages, Florida, on January 4, 2024. His talk will take place at The Old Mill Playhouse Theater in Sumter Landing at 11:00 AM. This \$22.00 speaking event is open to non-Village residents as well. Dr. Greger will talk for an hour and then take a half an hour for questions/answers. He will then proceed to the nearby Barnes and Noble for a book signing. You can click on the link below and follow instructions or you can open your smartphone to your camera and hover it over the QR Code in the flier. Once the QR Code outlines in yellow, tap your phone screen and follow the prompts for credit card payments. Feel free to call Paul Himes for problems or concerns. 352-638-0955 or email thevillages.wfpb@gmail.com .

Link to Dr. Greger's ticket sales:

<https://www.eventbrite.com/e/how-not-to-age-tickets-742225605767>

Dr. Michael Greger

How Not to Age

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, M.D., is a physician and internationally recognized speaker on nutrition. His science-based nonprofit, [NutritionFacts.org](https://www.nutritionfacts.org), offers a free online portal hosting more than 2,000 videos and articles on a myriad of health topics. Dr. Greger is a sought-after lecturer and has presented at the Conference on World Affairs and the World Bank, testified before Congress, and was invited as an expert witness in Oprah Winfrey's defense in the infamous "meat defamation" trial. A graduate of Cornell University School of Agriculture and Tufts University School of Medicine, Dr. Greger is also an acclaimed author. *How Not to Die*, *The How Not to Die Cookbook*, and *How Not to Diet* became instant *New York Times* Best Sellers. More than a million copies of *How Not to Die* have been sold. All proceeds Dr. Greger receives from the sales of his books and speaking honoraria are donated directly to charity.

QUICK LINKS

MONTHLY NEWSLETTER:	www.nutritionfacts.org/subscribe/
EVIDENCE-BASED EATING GUIDE:	www.nutritionfacts.org/healthkit
AUDIO PODCAST:	www.nutritionfacts.org/audio
NUTRITIONAL TOPICS:	https://nutritionfacts.org/topics/

Blog and Resources

Blog:	https://nutritionfacts.org/blog/
Recipes:	https://nutritionfacts.org/recipes/
Webinars:	https://nutritionfacts.org/webinars/
Guides and Handouts:	https://nutritionfacts.org/healthkit/
Nutrition FAQs:	https://nutritionfacts.org/questions/

Get the Books

How Not to Age:

<https://nutritionfacts.org/book/how-not-to-age/>

How Not to Die:

<https://nutritionfacts.org/book/how-not-to-die/>

How Not to Diet:

<https://nutritionfacts.org/book/how-not-to-diet/>

The How Not to Die Cookbook:

<https://nutritionfacts.org/book/how-not-to-die-cookbook/>

How Not to Diet Cookbook:

<https://nutritionfacts.org/book/how-not-to-diet-cookbook/>

How to Survive a Pandemic:

<https://nutritionfacts.org/book/how-to-survive-a-pandemic/>

Get the App

Daily Dozen iOS:

<https://apps.apple.com/us/app/dr-gregers-daily-dozen/id1060700802>

Daily Dozen Android:

https://play.google.com/store/apps/details?id=org.nutritionfacts.dailydozen&hl=en_US&pli=1

Daily Dozen Digest:

<https://nutritionfacts.org/daily-dozen/>

Daily Dozen Challenge:

<https://nutritionfacts.org/daily-dozen-challenge/>

Get Social

Facebook: <https://www.facebook.com/NutritionFacts.org>

Twitter: https://twitter.com/nutrition_facts

Pinterest: <https://www.pinterest.com/drgreger/>

Instagram: https://www.instagram.com/nutrition_facts_org/

YouTube: <https://www.youtube.com/user/NutritionFactsOrg>

Vimeo: <https://vimeo.com/nutritionfacts>

We did it! We are offering yet another Whole Food Plant Based Gathering to take place at the Pinellas Library one Saturday each month beginning in February. We are also excited to announce that we'll be conducting a survey in the near future to gather your valuable opinions on your needs and wants of the club.



WHOLE FOOD PLANT BASED CLUB

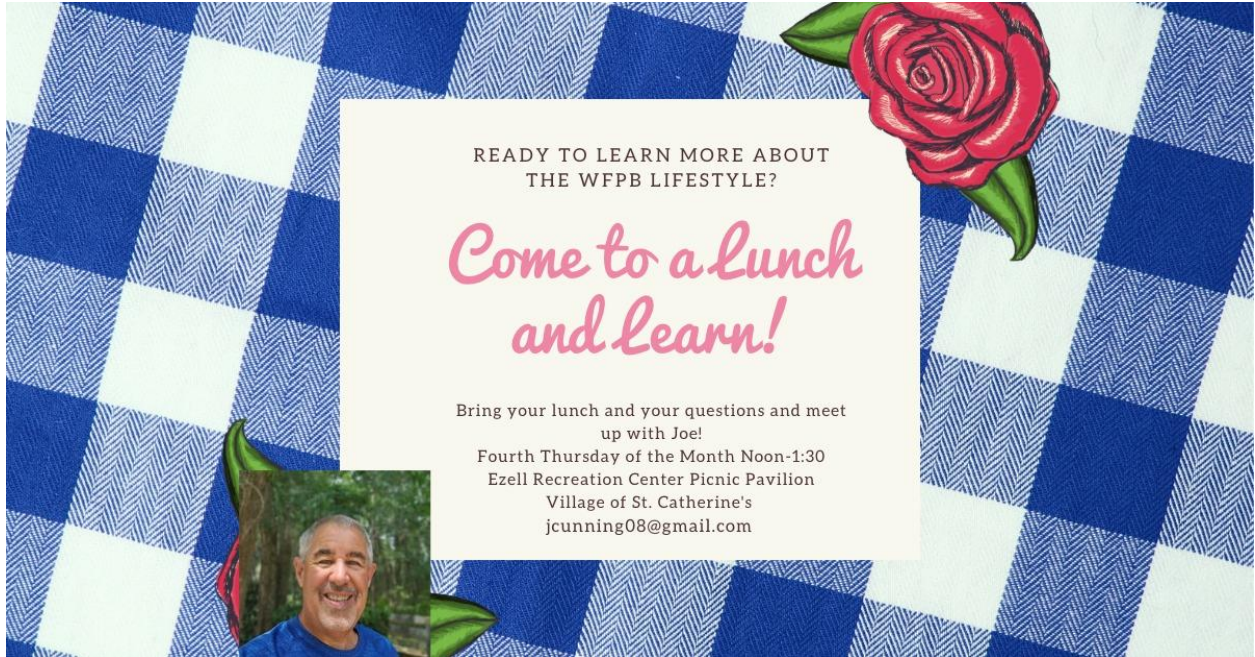
MEET Up @ Noon

MONTHLY TOPIC DISCUSSION
&
QUESTION/ANSWER SESSIONS

2/17, 3/23, 4/20, 5/18, 6,22, 7/20, 9/21,
10/19, 11/23, 12/21

**Pinellas Library
Wildwood, Florida
contact:
thevillages.wfpb@gmail.com**





Public Health Plant Powerful
Mt. Dora, Florida

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: Susanpetit1@hotmail.com

Sharon: Soulitude421@aol.com

[MeetUp.com](https://www.meetup.com) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>

Whole Food Plant Based Map of Pods Near You

<https://plantpurecommunities.org/find-a-pod/>

The Physicians Committee for Responsible Medicine has taken over leadership of the Pod Network and will provide additional information soon.

Questions about Pods, including how to start a Pod can be directed to Heather Patrick at hpatrick@pcrm.org

Beginners Support:

It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the following are a few ways you can get additional help...

MEET WITH
DIANE
AT THE
RESOURCE
TABLE
DURING THE
MONTHLY
GATHERINGS
(2ND
THURSDAY
AT NOON
RIVERBEND)

MEET WITH *DEBBIE*
WFPB COOKING CLASSES
CONTACT:
ACUPUNCTDEB52@GMAIL.COM
908-288-2681

MEETINGS AFTER THE
MEETING
NEED MORE SUPPORT?
CHECK THESE OUT!

MEET WITH *JOE*
LUNCH AND LEARN
(4TH TUESDAY - ST. CATHERINE'S -NOON)
CONTACT:
JCUNNING08@GMAIL.COM

MEET WITH
RICK
BY
FACETIME
PHONE
OR
FACE-TO-FACE
CONTACT:
715-577-0515

Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!

Physicians Committee for Responsible Medicine Resources

About Us: <https://www.pcrm.org/about-us>

Barnard Medical Center: <https://www.pcrm.org/barnard-medical-center>

Good Nutrition: <https://www.pcrm.org/news/health-nutrition>

Health Topics: <https://www.pcrm.org/news/health-nutrition>

Ethical Science: <https://www.pcrm.org/news/health-nutrition>

Their Research: <https://www.pcrm.org/news/health-nutrition>

News: <https://www.pcrm.org/news/health-nutrition>

Eating for the Environment: <https://www.pcrm.org/good-nutrition/vegan-diet-environment>

Nutrition Guide for Clinicians:

https://nutritionguide.pcrm.org/nutritionguide/index/Nutrition_Guide_for_Clinicians/Conditions

Healthy Communities: <https://www.pcrm.org/good-nutrition/healthy-communities>

Find a Doctor: <https://www.pcrm.org/findadoctor>

Find a Dietician: <https://www.pcrm.org/findadietitian>

The Exam Room Podcast: <https://www.pcrm.org/podcast>

Dr. Barnard's Blog: <https://www.pcrm.org/news/blog>

Health and Nutrition News: <https://www.pcrm.org/news/health-nutrition>

Good Medicine Magazine: <https://www.pcrm.org/news/good-medicine>

Good Science Digest: <https://www.pcrm.org/news/good-science-digest>

Events: <https://www.pcrm.org/events>

Resources:

A Cook's Guide to Oats:	A Cook's Guide to Oats
Restaurant Options:	Restaurant Options
Eateries:	Restaurants/ Fast Foods
Documentaries:	documentaries
Meal Kits:	meal kit delivery
Whole Food Plant Based Restaurant Placard:	wfpb placard.pdf
Instagrams:	instagrams
Websites:	websites
Frequently Asked Questions:	Q & A
Articles:	articles
Podcasts:	podcasts
Telehealth:	telehealth
Webinar:	webinars
Courses:	courses
Vegan Summerfest:	summerfest
Retreats:	retreats
NHA Conference:	conferences
Periodicals:	periodicals
Apps:	apps
Books:	Books
Cooking with Young Adults:	click here
Health Topics:	click here
How To:	click here
Microgreen Starter Kit:	click here
Sprouting Beginners Kit:	click here

Tools:

Resource Library from Whole Communities	click here
Beginners Packet:	click here
Success Stories:	click here
EWG's Consumer Guides:	click here
Salad Dressings:	click here
Crops in Season in Florida Month to Month:	click here
Seasonal Food Guide	click here
Cooking with Young Adults:	click here
52-Week Transition to WFPB:	click here
Chefs and their Websites	click here
The Plantrician Project - Plant Based Research Articles	click here

Guides:

How to Eat Plant-Based Amongst Meat Eaters: [click here](#)
Whole Grains Cooking Guide In the Instant Pot: [click here](#)
How to Cook Beans, Legumes and Lentils in the Instant Pot: [click here](#)
Forks Over Knives Cooking Times: [FOK_Cooking_Times_Grains.pdf](#)
Advent Health Eat Plants Feel Whole Resources: [click here](#)
(requires filling out a form)

Plantician Project Plant Based Research Articles: [click here](#)
Health Science Articles on WFPB Type Topics CHIP Health: [click here](#)
Beginner's Guide to WFPB Forks Over Knives: [click here](#)
Oil Free Marinades [click here](#)
Cooking without Oil Video [click here](#)
Homemade Spice Blends for Gifts [click here](#)

Social Medias:

Webpage: [click here](#)
Copy Me That Char's Account: [click here](#)
Copy Me That - Your Account: [click here](#)
Facebook: [click here](#)
Nextdoor: [click here](#)
Email: [click here](#)
YouTube: [click here](#)
Pinterest: [click here](#)
Amazon Link: [click here](#)

Mini Cookbooks:

<u>Mini Appetizer Cookbook:</u>	click here	Mini Appetizer Cookbook
<u>Mini Dessert Cookbook:</u>	click here	Mini Dessert Cookbook
<u>Mini Drink Cookbook:</u>	click here	Mini Cookbook Drinks
<u>Mini Game Day Cookbook:</u>	clickhere	Mini Game Day Cookbook
<u>Mini Soups & Stews Cookbook:</u>	click here	Mini Cookbook Soups & Stews
<u>Mini Raw Cookbook:</u>	click here	Mini Raw Cookbook
<u>Mini Dr. Greger Cookbook:</u>	click here	Mini Dr. Greger Cookbook
<u>Mini Stir Fry & Sauces Cookbook:</u>	click here	Mini Cookbook Stir Fry and Sauces
<u>Mini Picnic Cookbook:</u>	click here	Mini Picnic Cookbook
<u>Mini 3-Ingredient Cookbook:</u>	clickhere	Mini 3-Ingredient Cookbook

Past Newsletters:

<u>December 2022:</u>	Newsletter December 2022
<u>January 2023:</u>	Newsletter January 2023
<u>February 2023:</u>	Newsletter February 2023
<u>March 2023:</u>	Newsletter March 2023
<u>April 2023:</u>	Newsletter April 2023
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<u>October 2023:</u>	Newsletter October 2023
<u>November 2023:</u>	Newsletter November 2023

Club Shirts are Available



We now have a logo for our club shirts or other memorabilia you may be interested in purchasing. You can go into the store and choose whatever navy blue shirt you like, and the logo will be placed on it. It takes about two weeks.

Contact:

Custom Apparel & Gifts
3451 Wedgewood Ln ·
The Villages, Florida 32162
In Southern Trace Plaza
(352) 750-1600

Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
