



[The Villages WFPB Support Group Monthly Digest](#)
[April 2024](#)

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 strives to eliminate 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 and whether or not it is gluten free.

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

On a WFPB Lifestyle? [Click Here ...](#) [What to Eat and What Not to Eat](#)

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

THEORY AND COOKING CLASSES

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES
-YOU WON'T REGRET IT-
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.

DEBBIE CAN BE CONTACTED AT: acupunctdeb52@gmail

Thank you, **Dr. Laura Varich**, a Certified Lifestyle Medicine Physician, who returned to speak to our club about Brain Health and how to prevent Alzheimer's disease and other dementias.



<https://freshphysician.com/health-goals/>

Even More Thank You's

A great big thank you to **Debbie Hamilton** for her donations to the club wfpb books and magazines to distribute.

A great big thank you to **Marcey** for donating a kitchen scissors for us to raffle off.
Congrats to **Diana C.** who won.



50/50

We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are 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)

Continuous thanks to Cathy Ochs for helping with fundraising for our club.

DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: cathyochs@att.net

COMING ATTRACTIONS...

May:

Gregg Kuhnen will talk about dehydrators and how to use them.

June:

Master Gardener, Nini Conner, returns to present "The Way of Tea." Nini will discuss how tea is produced and processed, the health benefits, ways to prepare tea, and much more. She will also demonstrate a tea ceremony that she experienced on a recent trip to Japan.

July:

Colin Sharpe will present "Choosing and Using Your Kitchen Cutlery." He will talk about the different types of kitchen knives and the purpose for each one.

Continuous thanks to Chris Nader for securing speakers and presenters for our club.

DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?

CONTACT CHRIS NADER: chrisn734@gmail.com

GLOBALLY RECOGNIZED MASTERMINDS

Mark your calendars for **Dr. Klaper** who will be speaking in The Villages on Saturday, October 26, 2024. Ticket sales will be available at a later date on Eventbrite.

About

Dr. Michael Klaper is an experienced physician, an internationally-recognized teacher and sought-after speaker on diet and health. In addition to his clinical practice and private consultations with patients, he is a passionate and devoted educator of physicians and other healthcare professionals about the importance of nutrition in clinical practice and integrative medicine.

He resolutely believes that proper nutrition – through a whole-food, plant-based diet – and a balanced lifestyle are essential for health.

For interview requests and media inquiries, please reach out to info@doctorklaper.com

Links



Shop Dr. Klaper Merch Store

teespring.com/stores/doctorklaper



Instagram

instagram.com/doctorklaper



Facebook

facebook.com/michaelklapermd



Website

doctorklaper.com

Continuous thanks to Paul Himes for securing world-renowned speakers for our club.

DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?

CONTACT PAUL HIMES: tpaulhimes@gmail.com

CHECK OUT THE REDUCED PRICE ON THESE WFPB BOOKS...

P R I C E
list

Low Carb Fraud	\$ 5
China Study	\$ 5
Whole	\$ 5
The Future of Nutrition	\$ 10
All 4 Books (LIMITED SETS)	\$ 20

Contact: Paul Himes 352 638 0955

These books will also be available to purchase at our monthly gathering at Riverbend as.

NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.

Diane can be contacted at: dianekbray@gmail.com

THE VILLAGES DAILY SUN | WEDNESDAY, APRIL 10, 2024 | C5

local news

VILLAGER BACKSTORY

You may know Diane K. Bray from the Village of Osceola Hills, but you may not know that she is passionate about whole food plant-based eating and has traveled to more than 44 countries.



Bill Mitchell | Daily Sun

GETTING TO KNOW DIANE K. BRAY

Age: 72
Spouse: Dennis
Family: Daughter, Erin; son, Ian; granddaughters Nora and Avery
Village: Osceola Hills
Moved here: August 2022
Moved from: Cincinnati
Favorite Village activities: Whole Food Plant-Based Club, Brain Health Club, Anti-Aging and Longevity Club, Health and Wellness Club, Girlfriends of The Villages

other people," she said. Throughout all of this, Bray has been lucky enough to travel to more than 44 countries, including China, Russia, India, Greece and Egypt. She's hiked along the Great Wall of China, explored the Great Pyramid of Giza and taken a hot air balloon ride over the Valley of the Gods in Utah. "I absolutely love it," she said. "I usually have my little backpack, my camera in my fanny pack, my 'Eat, Pray, Love,' and a big smile on my face."

And just when Bray thought her life couldn't be more blessed, she reconnected with her friend and now husband, Dennis Bray, after they first met in 1976. After two years of dating the two married in Poipu Beach in Kauai, Hawaii. The two then spent several years searching for a retirement community to call home. Then they discovered The Villages and only two hours into a visit, she knew this would be their forever home.

She spends her days here with clubs like Whole Food Plant-Based Club, Brain Health Club, Anti-Aging and Longevity Club, Health and Wellness Club, Girlfriends of The Villages, Common Ground, The Enrichment Academy, as well as ballroom dancing, water aerobics, traveling and spending time with friends and family. Bray believes in the power of manifestation and following your dreams, all of which led her to her dream home in the Village of Osceola Hills. "In The Villages, I'm able to live my purpose and my vision," she said. "I'm eternally grateful that I found this community."

If there is one word that describes and dominates Diane K. Bray's life it is "gratitude." From an early age, her parents instilled a sense and importance of giving back and volunteering, and she is grateful for that. That sentiment has accompanied her throughout her life and she even instilled in her own children. "Volunteering and being of service and in service to people is really important to me," she said. That carries through in her work. While Bray has had her hand in quite a few different jobs like preschool teacher, office manager and selling jewelry, she spent much of her career working as an administrative assistant. As an administrative assistant she worked for two hospitals in Oregon and four universities: University of Wisconsin-Madison in Madison, Wisconsin; Trinity University in San Antonio, Texas; University of California, Los Angeles; and University of Oregon in Eugene, Oregon. She loved education from an early age, which was which was big factor in her career path working at several universities and as a preschool teacher. She continues to love education and teaching, and nowadays she speaks and teaches people about whole food plant-based eating. "I love it," she said. "It feeds my heart and soul." No matter what Bray is involved in, she puts 100% of herself into it and is passionate about it all, she said. While living in Cincinnati, she had a health care wake-up call that led her to make some changes to her diet and lifestyle. About seven years ago, she started practicing whole food, plant-based eating, which allowed her to stop taking a thyroid medication and reserve her pre-diabetic status. "It transformed my life," she said. "It changed me physically, emotionally and spiritually." Following her life-changing experience with this new diet, she started attending various workshops and festivals related to the topic. And for the last year or so, she's hosted public speaking events across The Villages. Bray is even working on writing a children's book about whole food plant-based eating. "I'm inspired by my results, but I'm passionate about passing that knowledge on to

Veronica Wernicke
Do you know someone with an interesting backstory to tell? Email veronica.wernicke@thevillagesmedia.com or call 352-753-1119, ext. 5307

WFPB DOCUMENTARY DISCUSSION GROUP

Whether you are just thinking about going WFPB (Whole Food Plant Based) or have been doing it for a while, you are welcome to join in the discussion...

How it works...

- Every two weeks you will be assigned a movie to watch.
- You are encouraged to take notes on parts that stand out for you.
- We will then meet on Zoom and share our notes, thoughts, etc. (those who want to share - no pressure)
- We will also have an opportunity to share where we each are on our WFPB Journey (ask questions, give input, etc.)

Please note that you do not have to share if you don't want to. You can just come and listen.

Discussion club is on Tuesday evenings, twice a month, from 7 pm - 8 pm Eastern.

Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.

Contact: Jacki Rose www.WFPBFun.com

21 - Day Vegan Kickstart

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.

Eat Plants Love

Click here [EPL PLANT BASED GUIDE](#)

Plant Pure Plunge Booklet

Click Here: [PlantPure_Plunge_Booklet](#)

Plant Based Jumpstart

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)

We Did It!

*We did it! We are offering yet another Whole Food Plant Based Gathering to take place at the **Pinellas Library** one Saturday each month. Mark your calendars with the dates below. No food is allowed in the library.*

Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading the Whole Food Plant-Based (WFPB) question and answer session.

Contact information: Deb Waddell at acupunctdeb52@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](#) or Facebook

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

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

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



Whole Food Plant-Based Club

LIBRARY MEETUP

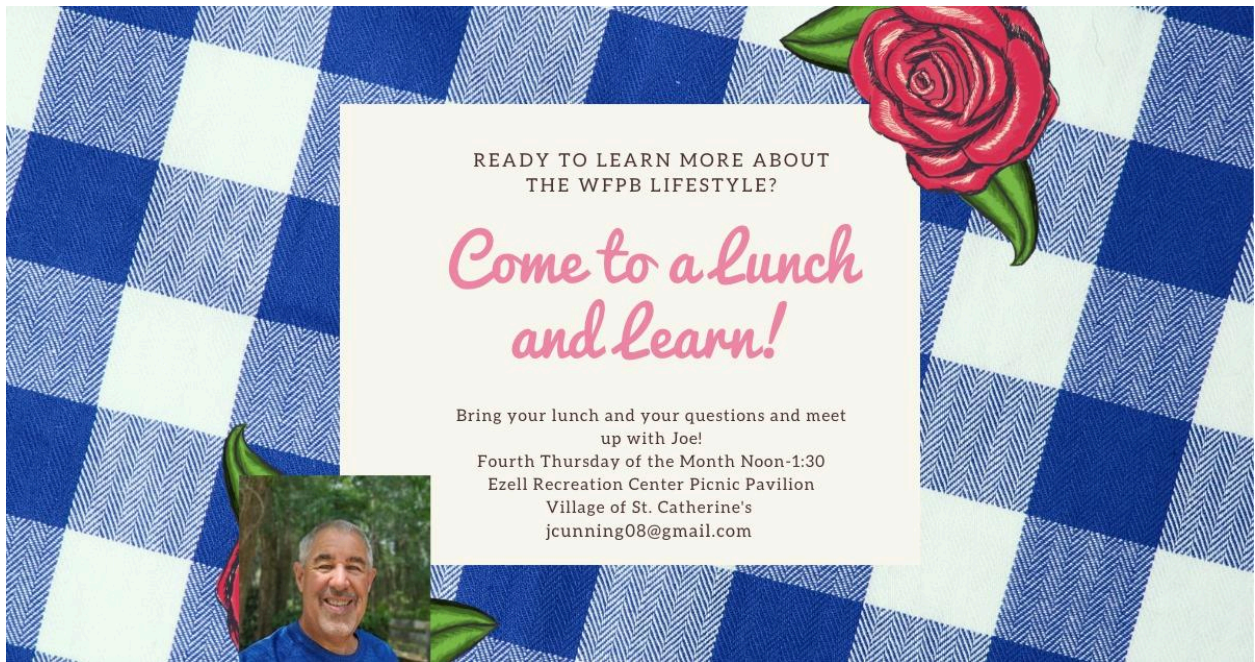
**Monthly Topic Discussion
Plus, Questions and Answers**

When: Saturdays at 12:00pm (see dates below)

Where: The Villages Library at Pinellas Plaza
7375 Powell Rd, Wildwood
Room 102

Jan (no meeting)	Jul 20
Feb 17	Aug (no meeting)
Mar 23	Sep 21
Apr 20	Oct 19
May 18	Nov 23
Jun 22	Dec 21

Questions? Email thevillages.wfpb@gmail.com



Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.

<p>MEET WITH <i>DIANE</i> AT THE RESOURCE TABLE DURING THE MONTHLY GATHERINGS (2ND THURSDAY AT NOON RIVERBEND)</p>	<p>MEET WITH <i>DEBBIE</i> WFPB COOKING CLASSES CONTACT: ACUPUNCTDEB52@GMAIL.COM 908-288-2681</p>
<p>MEET WITH <i>JOE</i> LUNCH AND LEARN (4TH TUESDAY - ST. CATHERINE'S -NOON) CONTACT: JCUNNING08@GMAIL.COM</p>	<p>MEETINGS AFTER THE MEETING NEED MORE SUPPORT? CHECK THESE OUT!</p> <p>MEET WITH <i>RICK</i> BY FACETIME PHONE OR FACE-TO-FACE CONTACT: 715-577-0515</p>

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 above are a few ways you can get additional help...

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)

Plantrician 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
<u>May 2023:</u>	 Newsletter May 2023
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<u>October 2023:</u>	 Newsletter October 2023
<u>November 2023:</u>	 Newsletter November 2023
<u>December 2023:</u>	 Newsletter December 2023
<u>January 2024:</u>	 2024 Newsletter January
<u>February/March:</u>	 2024 Newsletter February/March

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
