



**The Villages WFPB Support Group Monthly Digest**  
**November 2023**

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***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.***

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

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**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

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**Diane Bray was featured in The Villages Magazine November 2023 Food Edition**

**Check it out!**

[click here](#)

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**Please keep member, Victoria, in your thoughts and prayers. Her daughter died suddenly and she wanted me to let our Plant Based Community know.**



**Here are some pictures from last month's donation of cookbooks**





and donation of teas.





**Our First "Friendsgiving" was a Success:**

**Members loved the Question and Answer session–We will now have that at each meeting, so stick around after you eat.**



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## **Coming Attractions...**

### December

"Veganuary inspires and supports people all over the world to try vegan for January and beyond." Are you interested in trying a plant-based diet? Or, maybe you have been plant-based for a while and want to learn to do better. Wherever you are on your plant-based journey, we hope you will join us. Bring foods appropriate for Christmas or the holidays along with the recipes. Charlene will sum up the year 2023 and get us up and running for an even healthier 2024.

### 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!

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**\*Note: tickets are going fast—be sure to notify your friends, neighbors, and family.**

### **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. We will also have a copy of this flier available at the next gathering and volunteers to help with the process. Feel free to call Paul Himes for problems or concerns. 352-638-0955 or email [thevillages.wfpb@gmail.com](mailto:thevillages.wfpb@gmail.com) .

Link to Dr. Greger's ticket sales:

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

QR Code to Dr. Greger's ticket sales...

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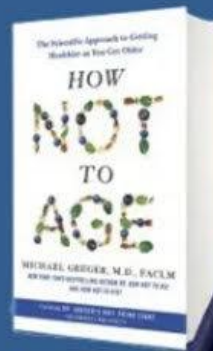
New York Times Bestselling Author of "How Not to Die"  
and Founder of Nutritionfacts.org

Dr. Michael Greger

presents

# "HOW NOT TO AGE"

The Scientific Approach  
to Getting Healthier  
as You Get Older



JANUARY 4, 2024 • 11:00 AM

OLD MILL PLAYHOUSE THEATER  
1000 OLD MILL RUN, THE VILLAGES, FL

BOOK SIGNING BARNES & NOBLE 1:00 PM



Tickets \$22

OPEN TO  
THE PUBLIC

QUESTIONS? (352) 638-0955 THEVILLAGES.WFPB@GMAIL.COM

***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 will be sending out more information at a later date.***

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**Oil Free Salad Dressings:**

**Plant Based Cooking with Diane Smith**

[click here](#)

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**Plant Based Super Food Recipes:**

**Creative Green Living**

[click here](#)

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**Homemade Vegetable Bouillon Powder:**

**Eat Plant Based**

[click here](#)

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**The Jaroudi Family:**

**Complete Recipe List**

[click here](#)

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**Fact Sheets:**

**PCRM Collection**

[click here](#)

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**Forks Over Knives:**

**35 Dishes Perfect for Sharing**

[click here](#)

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**Shane and Simple:**

**Holiday Breakfasts**

[click here](#)

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**True North is sponsoring:**

**Chef's Foundry Cookware**

[click here](#)

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**Cancer Kicking Smoothie:**

**Dr. Kristi Funk**

[click here](#)

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**Cancer Kicking Buddha Bowl:**

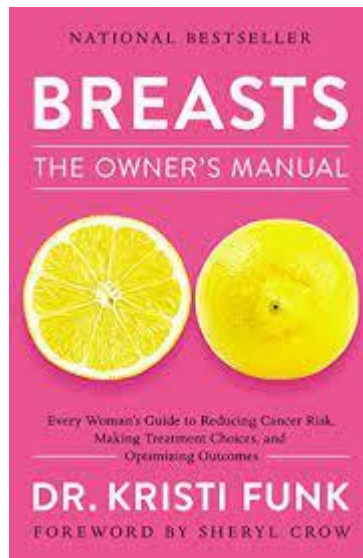
**Dr. Kristi Funk**

[click here](#)

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**Book Recommendation:**



A national bestseller! Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments.

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**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...*

<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>

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

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**JOE'S BELOW GROUP WILL NOT BE MEETING ON THANKSGIVING!.....**



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**Public Health Plant Powerful**

**Mt. Dora, Florida**

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

Contact:

352-250-7942

Susan: [Susanpetit1@hotmail.com](mailto:Susanpetit1@hotmail.com)

Sharon: [Soulitude421@aol.com](mailto: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/LJ9vW/i>

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**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](mailto:hpatrick@pcrm.org).



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

## Tools:

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

## **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>	<a href="#">click here</a>	<a href="#">Mini Appetizer Cookbook</a>
<u>Mini Dessert Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Dessert Cookbook</a>
<u>Mini Drink Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Drinks</a>
<u>Mini Game Day Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Game Day Cookbook</a>
<u>Mini Soups &amp; Stews Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Soups &amp; Stews</a>
<u>Mini Raw Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Raw Cookbook</a>
<u>Mini Dr. Greger Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Dr. Greger Cookbook</a>
<u>Mini Stir Fry &amp; Sauces Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Cookbook Stir Fry and Sauces</a>
<u>Mini Picnic Cookbook:</u>	<a href="#">click here</a>	<a href="#">Mini Picnic Cookbook</a>



[Mini 3-Ingredient Cookbook:](#)

[clickhere](#)

[Mini 3-Ingredient Cookbook](#)

## **Past Newsletters:**

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### **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

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