

KICKSTART INTENSIVE

PCRM Physicians Committee for Responsible Medicine

October 4-6 Washington, DC

Dear CHIPPERS,

- PCRM's new program can change your life!
- Immerse yourself Oct. 4-6 on a path to better health and join me, PCRM staff, and guest nutrition experts in Washington, D.C., for the launch of Kickstart Intensive. We'll provide in-depth nutrition information, cooking demonstrations, community support, plenty of inspiration, and time to have your questions answered.
- Space is limited. [Reserve your spot now!](#)
- **Lecture topics include:**
- Permanent Weight Control
- Tackling Diabetes and Cholesterol
- Breaking Food Addictions
- Cancer Prevention and Survival
- Power Foods for the Brain
- **You'll also receive:**
- Step-by-Step Info on Plant-Based Diets
- Cooking Demonstrations by Experienced Instructors
- Delicious Vegan Meals
- **And, after the event participants receive year-long support with conference calls and an exclusive 12-month online program.**
- [And please print this flier and post at your office, gym, or other location and help us spread the word.](#)



Sincerely,

Neal Barnard, M.D. - PCRM President

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Neal Barnard, M.D.

Featured Speaker and President and Founder of Physicians Committee for Responsible Medicine

When: Thursday - Saturday, Oct. 4-6, 2012

Where: Washington, D.C.

Washington Marriott, Metro Center

775 12th St., N.W.,

Washington, DC 20005

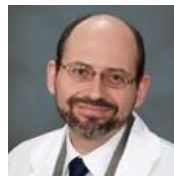
Special Note: PCRM has arranged a discounted rate for program attendees of \$189/night at the Washington Marriott at Metro Center. [You can click here for more info.](#)

More information: PCRM.org/KickstartIntensive

Additional Featured Speakers



Christine Waltermeyer
Chef and Founder of the Natural Kitchen Cooking School



Michael Greger, M.D.
Physician, Author, and Public Health Advocate



Pericles Silva
Healthy Eating Specialist,
Whole Foods Market Reston



Susan Levin, M.S., R.D.
Director of Nutrition Education, PCRM



Jennifer Reilly, R.D., L.D.



Joseph Gonzales, R.D.
Staff Dietitian, PCRM

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