

12 NOON HST, OCTOBER 27

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UNLOCKING YOUR FULL POTENTIAL:

THE SCIENCE OF CONNECTION AND
ITS IMPACT ON HEALTH

WITH
MATTHEW LEDERMAN, MD

3 P.M. PDT, 6 P.M. EDT
SUNDAY, 10/27/24

LECTURE FOLLOWED BY Q AND A.

THE PROFOUND IMPACT THAT
HUMAN CONNECTION HAS ON:

- * PHYSICAL AND MENTAL WELL-BEING
- * REDUCING STRESS
- * ENHANCING IMMUNE FUNCTION
- * PROMOTING HEALING
- * INFLUENCING GENE EXPRESSION.

HOW THE POWER OF A HEALTHY
PLANT-BASED DIET HELPS!



Dr. Matthew Lederman is a board-certified Internal Medicine physician whose training in nutrition and lifestyle medicine led to his participation in the documentary *Forks Over Knives*.

He is also a certified trainer in Nonviolent Communication (NVC) to effect mind-body and interpersonal healing.

He has been Whole Foods Market's Vice President of Medical Affairs, and is a New York Times best-selling author whose latest book is *Wellness to Wonder*.

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THE VEGAN TV SHOW AT 'OLELO CH. 54,
11 A.M. MOST SUNDAYS.

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