



Local Resources

Use these resources to help you make a lifestyle change toward better health.

HEALTH CARE:

Visit Dr. Jennifer Rooke at the Optimal Health and Wellness Clinic at Morehouse Healthcare, www.preventionmhc.org.



For more local, plant-based doctors in Atlanta visit www.plantbaseddoc.com.

Learn how to treat the cause of type 2 diabetes with food via audio and visual instructions at www.EatPlantsAndThrive.com.



LITERATURE:



The Physicians Committee has a wealth of educational materials, visit www.pcrm.org/literature.

EVENTS:

Save the date for the annual Atlanta Veg Fest. Visit www.atlantavegfest.com.



Register for the Remedy Food Live Event at www.remedyfood.org.

Find Food for Life classes in Atlanta at www.pcrm.org/ffl.



ONLINE GROUPS:

Join a supportive community in your area at www.plantpurepods.com/pod/atlanta-ga/.



Find social groups through www.meetup.com such as the Atlanta Vegetarian and Vegan Group, Atlanta Black Vegan Life, Veggie Kids, and more.

RESTAURANTS/MARKETS:

Eat a delicious meal at a veg-friendly restaurant. Search www.HappyCow.com to find a great place anywhere you are.



Visit www.GeorgiaOrganics.org to learn more about organic farming and discover locally grown food via farmer's markets and CSAs in their "Good Food Guide."

