

Franciscans for Earth

Winter Film Series

Tuesday, January 31, 2012, 7:00 p.m.

“Planeat”



Against a backdrop of colorful and delicious food grown by organic farmers and prepared in the kitchens of world-famous chefs, PLANEAT for the first time brings together the ground-breaking studies of three prominent scientists:

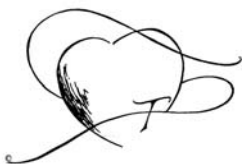
- Dr. T. Colin Campbell in China explores the link between diet and disease.
- Dr. Caldwell Esselstyn uses nutrition to treat chronically ill heart disease patients.
- Professor Gidon Eshel investigates how our food choices contribute to global warming, wasteful land use and lifeless oceans.

PLANEAT inspires you to make the right food choices: choices that can dramatically reduce your risk of heart disease and cancer, protect our environment and make our planet sustainable while celebrating the joys of food.

Free and open to the public.
Come and enjoy complimentary organic popcorn and hot apple cider!

“Planeat fills the gap that remained after Inconvenient Truth and Food, Inc. Choosing a diet that best supports human and ecosystem health need not involve a life of deprivation.”

Dr. Chris A. Hirschler, Assistant Professor, School of Nursing and Health Studies, Monmouth University



RSVP to: Maurice Lange at maurice@fsolph.org
Franciscan Sisters of Our Lady of Perpetual Help
335 S. Kirkwood Road, Kirkwood, MO 63122
314-965-3700 or www.franciscansisters-olph.org