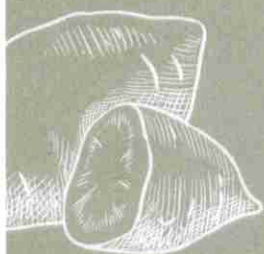




# HEALTHY AGING & LONGEVITY

## PLANT-BASED COOKING CLASSES

Monthly live zoom classes, or watch the recording after!  
Sundays 5-6:30 pm with Dr. Musial and guest Chefs or Doctor-Cooks.  
Learn which foods contribute to quality longevity while exploring a variety of cuisine from around the globe. Each class will include a mini-talk on tips for healthy aging and the science behind why certain foods might actually lengthen your lifespan.





# 2024 Dates

1.23 | 2.25 | 3.24 | 4.28 | 5.19 | 6.23 | 7.14 | 8.25  
9.29 | 10.27 | 11.24 | 12.15

Take one cooking class or choose them all, as each session delves into the secrets of healthy aging and longevity through the joy of cooking!

\$25 each  
3 for \$70  
6 for \$120  
12 for \$200



For more info, visit  
[www.plantdocspvd.com](http://www.plantdocspvd.com)