

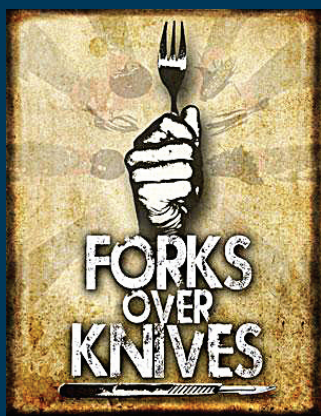
## "Forks Over Knives" Screening Poster, 2011

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Oct. 25, 2011, 7:00 p.m.

Blount Auditorium, Buckman Hall

SCREENING OF DOCUMENTARY



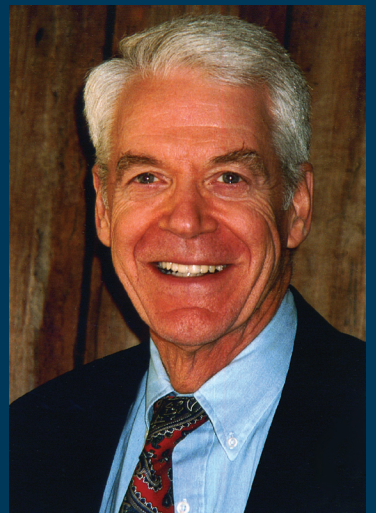
# FORKS OVER KNIVES

Dr. Caldwell B. Esselstyn examines the profound claim that most degenerative diseases can be controlled by rejecting animal-based and processed foods.

Nov. 1, 2011, 7:00 p.m.

Blount Auditorium, Buckman Hall

# Making Yourself Heart Attack Proof



Lecture by Dr. Caldwell B. Esselstyn and Mrs. Ann Esselstyn, who have followed a plant-based diet for more than 26 years. Dr. Esselstyn directs the cardiovascular prevention and reversal program at The Cleveland Clinic Wellness Institute. Ann Esselstyn specializes in healthy foods and how to prepare them.

6:30 p.m. - 7:00 p.m.  
Plant-based food tasting by  
Whole Foods Market

**For more information, contact Carolina Sánchez at [sanca@rhodes.edu](mailto:sanca@rhodes.edu)**

**Both events are free and open to the public.**

Sponsored by the International Studies Department, Lecture Board, and Whole Foods Market

