

**11**  
**MAY**  
**2019**

# GET YOUR DO OVER!

## PLANT BASED FOODS CAN FEED YOUR NEED FOR:

MORE ENERGY  
LOWER BLOOD PRESSURE  
REDUCED CHOLESTEROL  
LOWER BLOOD SUGARS

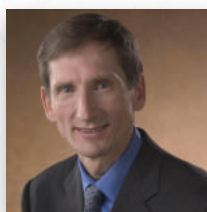
LASTING WEIGHT LOSS  
GREATER ALERTNESS  
GLOWING SKIN  
MORE HAPPINESS

THE **2019 FORK SMART SUMMIT** PRESENTERS  
WILL HELP YOU LEARN HOW TO THRIVE!



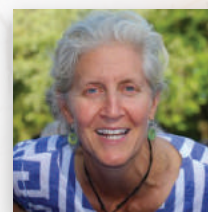
**DR. DAVID JENKINS**

OC WORLD-RENOWNED  
MEDICAL RESEARCHER  
AND CREATOR OF THE  
GLYCEMIC INDEX



**DOUG LISLE, PHD**

CLINICAL PSYCHOLOGIST,  
FEATURED IN 'FORKS OVER  
KNIVES'. AUTHOR OF THE  
PLEASURE TRAP



**JANE ESSELSTYN, RN**

RESEARCHER AND AUTHOR  
OF PREVENT & REVERSE  
HEART DISEASE; ENGINE 2  
COOKBOOKS



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