

# lunch and learn

Tuesdays • 12:00 - 1:30 pm  
Bend Senior Center  
1600 SE Reed Market Road • 541.706.1133

Co-presented with [PacificSource](#)

FREE

## The Power at the End of Our Forks

In honor of **National Nutrition Month**, VegNet Bend takes you on deep dive into ***You Are What You Eat***, a Netflix docuseries that follows four sets of identical twins through an 8-week nutrition study designed to explore how certain foods impact the body.

Each week we will screen one episode of the docuseries, followed by group discussion or Q&A with local nutrition experts. Attendees will also have an opportunity to sample various plant-based dishes, from soups and salads to protein-focused mains and delicious desserts. Bring your curiosity, your questions and your appetite!



### March Schedule

Mar 4:

#### **Nature v. Nurture**

Episode 1 (44m) • small group discussions

Mar 11:

#### **The Six Pillars of Health**

Episode 2 (45m) • talk with physician Dr. Matt Mullane MD, MPH

Mar 18:

#### **The Connection Between Diet and Mental Health**

Episode 3 (49m) • talk with mental health counselor Sarah Mullane MS, QMHP

Mar 25:

#### **The Way Forward**

Episode 4 (60m) • group reflection and discussion

Attendance at all four sessions is optimal, but not required.



play for life