

**WHAT is Healthy for a Lifetime?** *Healthy for a Lifetime* is a one day event open to everyone. It features internationally recognized physicians and researchers that have demonstrated such conditions as heart disease, diabetes, high blood pressure, high cholesterol and obesity are not only preventable, but in many cases reversible using whole food plant-based nutrition



instead of drugs and surgery. Attendees will also hear from actual former patients who will describe how they reversed serious health conditions using food as medicine. The event includes a full buffet lunch and features a practical demonstration of how to easily incorporate plant-based foods into daily life. This event is for informational purposes only, not a forum to sell products and services.

**WHO should attend Healthy for a Lifetime?** The event is open to everyone and no prior knowledge of the topic is required. This event should be of particular interest to:

- Anyone interested in learning how health conditions such as heart disease, type 2 diabetes, obesity, high blood pressure, high cholesterol, arthritis, IBS, gout, rheumatoid arthritis, multiple sclerosis, reflux disease and others can be reversed and prevented without drugs and surgery.
- Anyone interested in learning how a desired weight can be achieved and sustained long-term without counting calories or portions.
- Anyone interested in reducing their risk of cancer, Alzheimer's/dementia, or nursing home confinement.
- Physicians, specialists, nurses, and other health care professionals.
- Dieticians, nutritionists, and health coaches interested in helping their clients understand how plant-based nutrition can not only be delicious, but also a powerful tool to improve health.
- Health care payers, such as employers, health plans, and insurance companies, and their human resources and wellness leaders interested in reducing the high cost of health care.
- Anyone already familiar with plant-based nutrition, but is seeking to learn more from the foremost experts in the field.

**WHEN is it?** Saturday, October 19, 2019, starting at 9am and concluding at 5pm.

**WHERE is it?** CHI Health Center Omaha, 455 N. 10th Street, Omaha, NE. The CHI Health Center is the premier events and conference facility in Omaha.

**HOW do I register and how much does it cost?** Go to [healthyforalifetime.org/register-now.html](https://healthyforalifetime.org/register-now.html). The cost is \$49.50 (full-time students are \$39.50) and this includes a buffet lunch, free parking, and a gift bag. If you need a hotel, a discounted block of rooms at the Hilton Omaha (connected to the event facility) for \$109 per night is currently available at: <https://book.passkey.com/go/HFL19>

**WHY should I attend?** *Healthy for a Lifetime* offers a powerful and positive message of hope to everyone who has seen family and friends affected by heart disease, diabetes, obesity and other conditions. There are few things more important than our health and while much time, effort, and money has been spent on ways to improve health over the past 50 years, obesity has nearly tripled, diabetes is up about 600%, and heart disease remains the leading killer. Only whole food plant-based nutrition has been scientifically proven to actually reverse all these conditions without negative side effects, but this information has not been widely shared with the public. This is an opportunity to hear the evidence firsthand from the leading experts in a relaxed, fun, and non-medical atmosphere where all are welcome.

*Healthy for a Lifetime* is produced by Lifestyle Health Alliance, an Omaha based non-profit 501(c)(3) tax-exempt public charity operated entirely on a volunteer basis. *Healthy for a Lifetime* is for informational purposes only. Lifestyle Health Alliance does not provide medical, nutritional, or health services, advice or products.