

LUNCH & LEARN WITH RIP ESSELSTYN

\$10

SON OF CARDIAC HERO, CALDWELL ESSELSTYN AND AUTHOR OF "THE ENGINE 2 DIET".

**WEDNESDAY,
FEBRUARY 8**



(LUNCH) 11 AM - 12:30 PM

(LECTURE) 12:30 – 1:30 PM

(Q&A AND BOOK SIGNING) 1:30 - 2:30 PM

ENJOY FOODS THAT FOLLOW THE E2 DIET, SERVED BY MEMBERS OF THE NORTH NAPLES FIRE DEPARTMENT, WHILE LISTENING TO RIP DISCUSS THE BENEFITS OF A PLANT-STRONG DIET! PROCEEDS FROM LUNCH WILL BENEFIT THE NORTH NAPLES FIRE DEPARTMENT.

On the Menu:
Superfood Salad, Sweet Potato Lasagna, Fruit with Lime Mousse, Dark Chocolate Brownies, Water and Spiced Iced Tea Punch



As the author of The Engine 2 Diet, Rip is teaching people the irrefutable connection between what they put in their mouths and their ability to reach their ideal weight and their ideal health.

As a firefighter for the Austin Fire Department, he helped people and saved lives. As a friend to other firefighters, he transformed the way Austin's Engine 2 firehouse ate in order to save a firefighting brother's health.

In October 2009, Rip teamed up with Whole Foods Market as a Healthy Eating Partner to raise awareness for the company's team members, customers, and all of America about the health benefits of eating a plant-strong diet composed of fruits, vegetables, whole grains, legumes, nuts, and seeds.



WWW.ENGINE2DIET.COM

Contact Julie Joiner, Healthy Eating Specialist to sign up! Julia.Joiner@wholefoods.com or call 239-552-5100

