

Lifestyle Intervention Workshop Website Outline

- Landing Page to have a revolving display of important information, upcoming workshops, In-person Demo dates etc.
- About Us
- Team/Committee
- Classes
 - Upcoming Classes - Most recent class here with registration information
 - Outline of our 12-week Workshop
 - Cost of 12-week Workshop, if any
 - Membership to access previous workshop recordings
 - Past Workshop Recording displayed by year - Spring, Summer, Fall
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- About Us

This workshop series will empower you with the skills and knowledge to make healthy sustainable lifestyle changes.

- **Delicious oil-free plant-based food demonstrations**
- **Exercise/physical activity strategies**
- **Stress management techniques**
- **And much more...**

- Team/Committee

Dr. Jennifer Rooke, FFL Instructor Shobha Swamy, FFL Instructor Carolyn Hartfield, Joan Emerson, Angela Sims-Ceja, Stach Turner, Judy Walker, Mercuria Williams, Denise Whiting-Pack, Joyce Wright, Roxanne Barrow

- Classes

- **Upcoming Classes - Most recent class here with registration information**
The Winter/Spring 2024 Optimal Health Lifestyle Intervention Workshops will be held weekly from January 17, 2024 through April 3, 2024, from 6:00 p.m. to 8:00 p.m. Eastern Time (5:00 p.m. to 7:00 p.m. Central; 4:00 p.m. to 6:00 p.m. Mountain; 3:00 p.m. to 5:00 p.m. Pacific). This series will be virtual and may also feature in-person classes. Please register in advance to join the classes in this series of workshops at:

[[link](#)]

After registering, you will receive a confirmation email containing information about joining the workshop series.

PLEASE NOTE: *Once you register for a workshop series, the same link received in the confirmation email can be used to join each of the classes in the series.*

- **Outline of our 12-week Workshop**

12-Week Class Schedule, Winter/Spring 2024

Date	Speakers/Topics
1/17/24 Week 1	Introduction: Dr. Jennifer Rooke Presentation: Introductions - Reasons to eat WFPBD/Cholesterol Oxides - Dr. Rooke Fish, dairy and eggs are not health foods 12- Weeks meal plan guidelines Food Prep: Food Pantry – Food for Life Instructor Shobha Swamy

	<p>Personal Journey: Q & A and Announcements</p>
<p>1/24/24 Week 2</p>	<p>Introduction: Dr. Jennifer Rooke Presentations: Protein, B12, Nutrients - Dr. Rooke Fruits and Vegetables - Antioxidants Food Prep: Shobha Swamy: What's for Breakfast? Personal Journey: Q & A and Announcements</p>
<p>1/31/24 Week 3</p>	<p>Introduction: Dr. Jennifer Rooke Presentations: Practical Nutrition versus Marketing Myths -Casey Flowers, RD Food Prep: Shobha Swamy: Breakfasts – Instant Pot Overnight Oats Personal Journey: Alecia Weathersby – Importance of Vitamin B12 Q & A and Announcements</p>
<p>2/7/24 Week 4</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: Physical Activity – Dr. Jamie Hopkins Food Prep: Shobha Swamy – Batch cooking – Chickpea curry Personal Journey: Q & A and Announcements</p>
<p>2/14/24 Week 5</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: Stress Management/Meditation - Dr. Kofi Kondwani Food Prep: Shobha Swamy: Personal Journey: Shirley Duhart Greene Q & A Announcements</p>
<p>2/21/24 Week 6</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: Social connectivity Food Prep: Chef Shobha – Valentine's Day meal Personal Journey: Ravi Ravichandran – Reversing heart disease Q & A and Announcements</p>
<p>2/28/24 Week 7</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: Sleep Food Prep: Shobha Swamy – Cooking for the family Foods that promote Sleep Personal Journey: Joel Miller and family Q & A and Announcements</p>
<p>3/6/24 Week 8</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: Healthy Habits for Families with Kids – Dr. Lakesha Tables Food Prep: Shobha Swamy - Personal Journey: Q & A and Announcements</p>
<p>3/13/24 Week 9</p>	<p>Introduction: Dr. Jennifer Rooke Presentation: : Emotional Well Being – Dr. Shawn Garrison/Dr. Kofi Kondwani Food Prep: Shobha Swamy Comfort foods Personal Journey: Eric Adams video – reversing diabetes Q & A and Announcements</p>

3/20/24 Week 10	Introduction: Dr. Jennifer Rooke Presentation Food Prep: Shobha Swamy – Mac and “cheese” Personal Journey: – overcoming auto immune disease Q & A and Announcements
3/27/24 Week 11	Introduction: Dr. Jennifer Rooke Presentation: Spring Gardening - James Atkinson and Deborah Williams Food Prep: Shobha Swamy - Salads from the garden Personal Journey: Allison Woodley-Tyehimba Q & A and Announcements
4/3/24 Week 12	Introduction: Dr. Jennifer Rooke Presentation: End of Session Party Food Prep: Plant-based Party food Personal Journey: Class Feedback Q & A and Announcements
	Spring Break - No classes until 5/17/2024

- Cost of 12-week Workshop, if any

Cost

There's no cost to attend the live on-line weekly classes. Please note, for some in-person classes a fee may apply.

[In-person Classes]

In-person classes are located at: *****.
Participants may park ****.]

- Past Workshop Recording displayed by year - Spring, Summer, Fall
[In-person Classes]

- Resources (links to videos, articles etc. shown in our workshops)

Resources

- **Books, Websites & Other References**
- **Course Charts & Reference Guides**
- **No Calcium Supplements**
- [Watch: Engine 2 rescue](#)
- [How marketing works](#)

General Rules

There are many ways to get started on a plant-based diet. You can do it gradually, meal by meal or just jump in and eat only plant-based foods. Either way you will need some new rules.

1. Start eating meals— this means that you must stop eating whenever and whatever you see feel like eating. Decide on an eating plan that fits your lifestyle and get into a routine. Think of snacks as a small meal and either stop eating them or plan for them.

You can eat:

- 3 meals/day - Breakfast/lunch/dinner - No snacks
 - 4 meals/day - Breakfast/lunch /dinner - 1 snack of fruit
 - 5 meals/day – Breakfast/lunch/dinner – 2 snacks – mid-morning/mid afternoon
2. Stop eating 3 hours before you plan to go to sleep
 3. Do not eat for at least 12 hours between dinner and breakfast
 4. If possible, have your heaviest meal at lunch time and eat a light dinner

[Shopping for a whole-food plant-based diet](#)—This is a great video – only one issue, oats are OK, but the best breakfast is fresh fruit in season.

- Contact Us

Contacts [\[other contact link\]](#)

- Dr. Jennifer Rooke: jrooke@msm.edu
- Dr. Roxanne Barrow: rbarrow@msm.edu