

Many thanks for your help publicizing P-POD!

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Email Banner

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Join us at the 3rd Annual Plant-based Prevention of Disease (P-POD) Conference in beautiful Raleigh NC this May 19-22, 2016. Come see [Dr. Caldwell B. Esselstyn, Jr.](#), Dr. Tom Campbell, Dr. Rob Ostfeld, Dr. Kana Wu and 26 other leading experts in plant-based nutrition and medical nutrition interventions! Students and the public are welcome, as well as health professionals earning continuing education credits. A collaboration of nonprofits without commercial funding! Don't miss this exceptional and affordable opportunity – Register today at www.p-pod.org

Twitter

Join [@DrEsselstyn](#) [@DrOstfeld](#) [@DrTomCampbell](#) [@LuckySlevinRD](#): CME

accredited PlantbasedPreventionOfDisease Conference! www.p-pod.org

Affordable nonprofit continuing ed! No commercial funding!

PlantbasedPreventionOfDiseaseConference May 19-22 Raleigh www.p-pod.org

Earn Contin.Ed.Credits at P-POD Conference! Join [@DrEsselstyn](#) [@DrOstfeld](#)
[@DrTomCampbell](#) [@LuckySlevinRD](#) Register now! www.p-pod.org

What's the science behind plant-based diets preventing disease? Hear 30 experts at [@plantbasedconf](#) this May 19-22: www.p-pod.org

3d annual national nonprofit Plant-based Prevention Of Disease conference May19-22 Raleigh. 30 speakers! Affordable! www.p-pod.org

Beat Chronic Disease! Earn CME's! [@DrEsselstyn](#) [@DrOstfeld](#) [@DrTomCampbell](#)
[@LuckySlevinRD](#) & others at P-POD! [@plantbasedconf](#) May 19-22 2016

>\$300 billion/yr is spent on stroke and heart disease, yet they are largely preventable! Learn more: [@plantbasedconf](#) www.p-pod.org

Join me at [@plantbasedconf](#) this May! 30 health experts show how plant-based nutrition can prevent chronic disease:www.p-pod.org

Registered Dietitians are leading experts in nutrition & 8 (!!) will be speaking May at [@plantbasedconf](#)-> www.preventionofdisease.org [#RDchat](#)

23 CMEs(defined on website), 2.3 CEUs(23 contact hrs), 25 CPEUs! Plant-basedPreventionOfDisease May 19-22: www.p-pod.org

There's extensive evidence that plant-based diets reduce risk for chronic diseases. Learn more from 30 experts, May 19-22 at [@plantbasedconf](#)

7/10 leading causes of death are chronic diseases yet they are largely

preventable w/ plant-based diets. Learn more: www.p-pod.org

Press Release

National Conference Promotes Plant-based Nutrition to Prevent Disease

Recognized experts in medicine, nutrition and behavior change gather to share evidence on the best practices to prevent disease this May 19-22 in Raleigh NC at the 3rd annual [Plant-based Prevention Of Disease conference \(P-POD\)](#).

According to the Centers for Disease Control, 7 of the 10 leading causes of death are chronic diseases, and half of American adults suffer from at least one. 86% of health care expenditures in the U.S. are related to chronic disease, and the economic burden of heart disease and stroke alone is over \$300 billion a year.

Yet, many of these diseases are preventable with dietary and lifestyle changes. Plant foods – vegetables, fruits, beans and whole grains – have long been associated with improved biomarkers of health, and those following a vegetarian diet have lower rates of nearly every chronic disease. Changing the American diet could save millions of lives and billions of dollars, and could improve quality of life immeasurably. Healthcare providers can be on the forefront of saving lives by promoting dietary changes, yet many are not familiar with the substantial scientific data on disease prevention, nor are they trained in behavior change methods.

The third annual P-POD Conference brings together an unprecedented [30 expert speakers](#) – with many decades of combined experience – to discuss the latest research on dietary change for preventing disease, via lectures and panel discussions. Presenters include [Caldwell B Esselstyn Jr., MD](#) of the Cleveland Clinic Wellness Institute, [Robert Ostfeld, MD](#) of the Montefiore Einstein Cardiac Wellness Program and [Kana Wu, MD PhD](#) of the Harvard T. H. Chan School of Public Health.

As defined on our website, up to 25 hours of [continuing education credits](#) are available for a variety of professionals: medical doctors, dietitians, nurses, nurse

practitioners and many more. P-POD is committed to affordable registration costs, and student discounts are available. Early bird rates end March 23.

For more information, please see www.preventionofdisease.org or contact us at info@p-pod.org.

Plant-based Prevention Of Disease, Inc., known as [P-POD](#), is an incorporated nonprofit dedicated to educating on the benefits of plant-based nutrition. P-POD accepts no commercial funding and works closely with these national nonprofit collaborators: [T. Colin Campbell Center for Nutrition Studies](#), [Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics](#), and [Physicians Committee for Responsible Medicine](#).

Powerpoint

[Click here to download](#) two slides announcing P-POD which you can use in your presentations.