OUR MISSION - Optimizing health through a whole foods, plant based lifestyle.
OUR PURPOSE – Develop a greater understanding of plant-based nutrition through plant-based living educational events and resources. We aim to make a positive impact by creating a welcoming environment to allow all people interested in a plant-based lifestyle to network, share ideas, and build a stronger community!
Next Event!

“How Nutrition Transforms Bodies, Heals Diseases and Saves Lives”

Thursday, October 17
6:30-8pm

First Congregational Church
6105 Center Rd, Traverse City, MI 49686
Save the Date!

Monday, November 11 Community Panel & Dinner
6-8pm/details coming!

Join local community experts for a panel discussion and then dine with them to talk about the areas they excel in that support the plant based movement!