



Berkshire Holistic Associates

PLANT BASED NUTRITION & LIFESTYLE

--FOR IMMEDIATE RELEASE--
September 12, 2019

PLANT BASED OPEN HOUSE
Saturday, October 12, 2019
Eastover Estate and Eco-Village
Lenox, MA

Berkshire Holistic Associates, a division of the non-profit Planetary Health, Inc., will sponsor a **Plant Based Open House** at Eastover Estate in Lenox on Saturday, October 12 from 10 a.m. to 3 p.m.

The event will feature a whole food vegan cooking demo and food tasting plus a lecture and discussion on the many health benefits of a plant based diet. Guidelines for adopting a healthful diet, including how to select high quality foods and suggestions for shopping locally will be included.

The Open House is a free community event, designed to encourage healthy lifestyles, prevent and manage disease, and connect participants to local Berkshire, national, and international resources.

Reservations for the food tasting are required. To reserve a place contact events@eastover.com or call Eastover at (866) 264-5139.

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c/o Eastover Estate and Eco-Village
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BerkshireHolistic.org

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