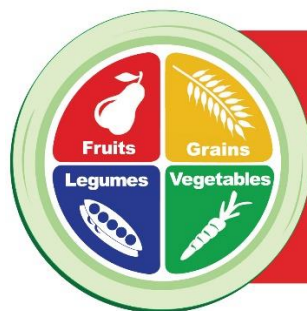


Food for Life Diabetes Initiative



FOOD FOR LIFE Diabetes Initiative

What?

Join us, Canan Orhun and Didem Varol for a 4-class webinar series that explores how a whole-foods, plant-based diet can not only prevent type 2 diabetes but can also help manage the disease and, in some cases, lead to remission from the disease. We explain the science behind how a whole-foods plant-based diet works. We also provide practical tips on how to make the healthy choice the delicious and easy choice for the long-term!

This series will feature:

- ✓ Step-by-step methods for using diet changes to control diabetes
- ✓ Recipes, meal plans, and shopping tips
- ✓ Inspiring testimonials and success stories
- ✓ And more!

This is part of the “Food for Life” program, a world-renowned nutrition education program designed by the [Physicians Committee for Responsible Medicine](#). We are also fortunate to have the support of [Plant Based Health Professionals UK](#) for the promotion of the program.

Why?

Diabetes is on the rise everywhere and Turkey is no exception. Yet many people are unaware that type 2 diabetes is largely a disease of over-nutrition and sedentary lifestyles. Our program aims to show you that type 2 diabetes can be prevented, and complications can often be avoided or treated with a change in lifestyle.

Who should join?

Anyone can register but the program is targeted towards Turkish speaking adults located in Turkey or abroad who currently have type 2 diabetes, prediabetes, a family history, or risk factors for developing diabetes. In addition, we welcome Turkish health care professionals who want to learn the basics of plant-based nutrition for preventing and treating diabetes. The program will be delivered simultaneously in English & Turkish.

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TEL: 202-686-2210 | FAX: 202-686-2216 | [PCRM.org](#)



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Where?

This program will be delivered online. A zoom link will be sent to registered participants. The program will be live on the given dates and times, it will not be recorded.

When?

Class name	Date & Time (Turkey - local time)
Introduction to How Foods Fight Diabetes	Sunday, November 7 (4:00 - 6:00 PM), 2021
Understanding Type 2 Diabetes	Sunday, November 14 (4:00 - 6:00 PM), 2021 World Diabetes Day
Designing a Diet for Maximum Weight Control	Sunday, November 21 (4:00 - 6:00 PM), 2021
Diabetes Care from Head to Toe	Sunday, November 28 (4:00 - 6:00 PM), 2021

Who are the instructors?

The instructors are Didem Varol and Canan Orhun. Didem is a Registered Dietitian and Food for Life instructor. Didem's website is: www.plantgevity.com Canan is also a Food for Life Instructor and has personally transformed her health through a plant-based lifestyle. Canan can be found on Instagram @plant_based_travels_piedmont

How can I register?

E-mail Canan or Didem at: cananorhun@gmail.com **OR** didem@plantgevity.com

There is limited space so be sure to register as soon as possible. Registrations will be filled on a first-come first-serve basis.

Cost?

There is a nominal fee for this program of 200 TRY. We require that all registered participants pay the fee by October 31st, 2021.

Program survey

These classes are developed by the [Physicians Committee for Responsible Medicine](#) and sponsored by a grant from [VegFund](#). So that these classes can continue, there will be a brief, online class survey that we will ask you to complete during the last class.

Ongoing support

Throughout the duration of the program and beyond, we will invite our participants to a private Facebook group where we can continue to support you on your journey to a healthier lifestyle!

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