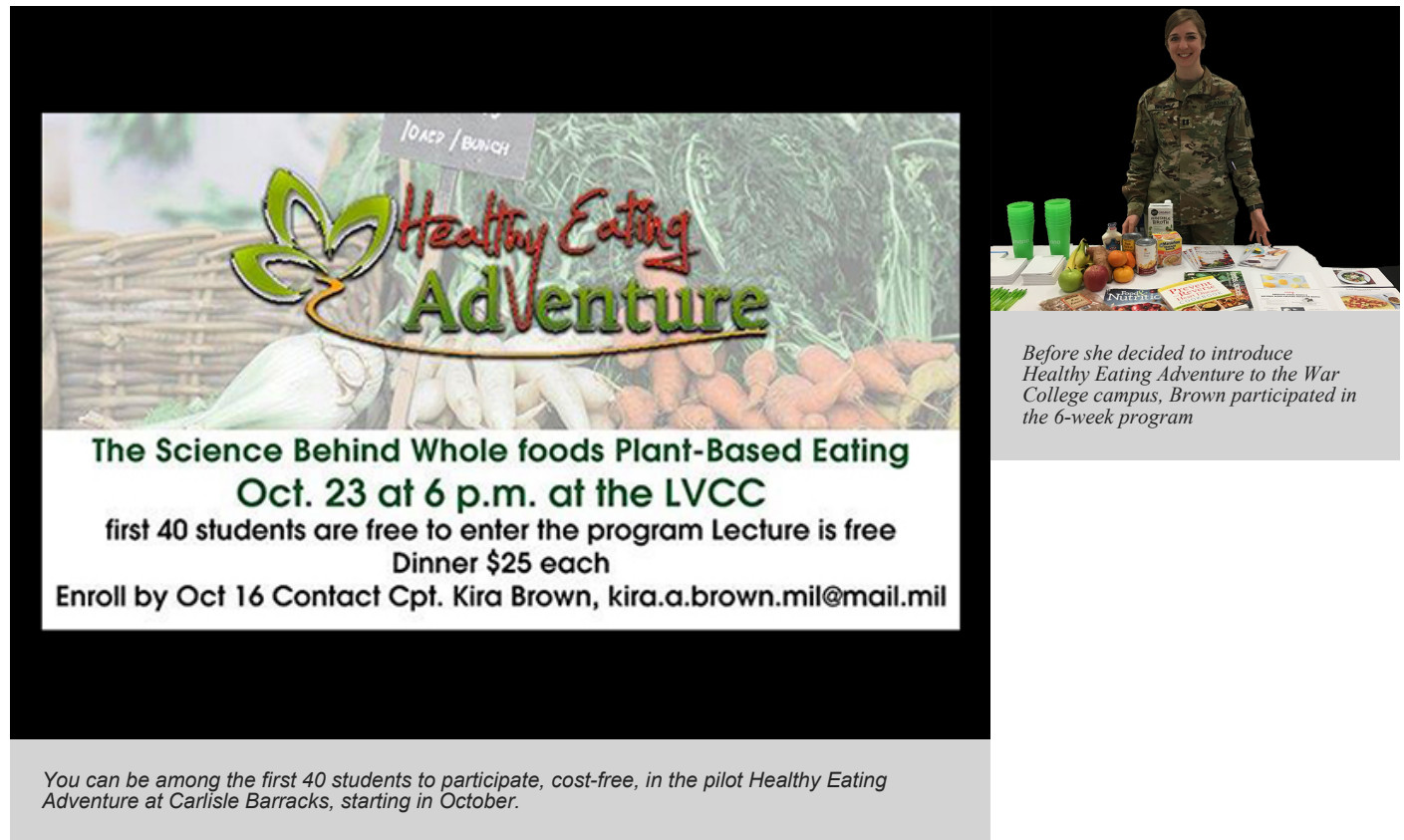


War College & Senior Leader Sustainment Introduces: Healthy Eating Adventure to transform diets & lives

By Public Affairs Staff 02 October 2018



The Science Behind Whole foods Plant-Based Eating
Oct. 23 at 6 p.m. at the LVCC
first 40 students are free to enter the program Lecture is free
Dinner \$25 each
Enroll by Oct 16 Contact Cpt. Kira Brown, kira.a.brown.mil@mail.mil

Before she decided to introduce Healthy Eating Adventure to the War College campus, Brown participated in the 6-week program

You can be among the first 40 students to participate, cost-free, in the pilot Healthy Eating Adventure at Carlisle Barracks, starting in October.

You can be among the first 40 students to participate, cost-free, in the pilot Healthy Eating Adventure at Carlisle Barracks, starting in October. Learn healthy eating with a whole-food plant-based lifestyle, while enjoying the support of colleagues, motivation, and resources. The Senior Leader Sustainment is partnering with family practice physician Dr. Elizabeth George to bring new eating knowledge and “eat-and-learn” experiences to the war college community in six weekly evening sessions, starting Oct. 23.

Learn and enjoy healthy eating with a whole-food plant-based lifestyle

You can be among the first 40 students to participate, cost-free, in the pilot Healthy Eating Adventure at Carlisle Barracks, starting in October. Kira Brown found the program informative, community-building, and potentially

life-changing. That's why she invited HEA to the war college community.

Army Capt. Kira Brown is a registered dietician, a healthy eater, and giver of expert advice to those who wish to improve their diet and eating habits. She and the Senior Leader Resiliency team are partnering with family practice physician Dr. Elizabeth George to bring new eating knowledge and "eat-and-learn" experiences to the war college community.

The six evenings sessions of the HEA program kick off with a lecture by George about the science of whole food, plant-based eating. The lecture is free and open to all, at the LVCC on Tuesday, Oct. 23 at 6 p.m. The dinner that follows, at 7:15 p.m., will start the HEA educational sessions. Dinner, too, is open to all who RSVP, for a fee (see below for schedule and cost details).

Healthy Eating Adventure: aligns with SLS focus on cardiovascular health

Before she decided to introduce Healthy Eating Adventure to the War College campus, Brown participated in the 6-week program – twice this past year, in Franklin County. Brown was curious about how the Healthy Eating Adventure workshop series would address most people's preference for food that's convenient, appealing, and inexpensive.

"I wanted to see how they were going to make healthy eating appealing to a lot of people who opt for convenience in the midst of busy lives," she said. "And, how they make it affordable? That's one of the big hurdles that people often talk about, that healthy eating is a good concept but expensive," said the Dunham Clinic dietician who works with the Senior Leader Sustainment Program.

"Our community includes people who travel, people who are home all day, people in different walks of life. How do you help them achieve healthy eating in the midst of daily life's demands?" she wondered.

Healthy Eating Adventure answers those questions and more, as it introduces whole food, plant-based eating – essentially, vegan.

Free to 40 students; families can participate alongside an enrolled USAWC student for a small fee

For the pilot program only, the War College will cover the costs for 40 students on a first-come, first-served basis; this is typically a \$65 program. The only cost for these students will be the \$15 first-session introductory dinner at the LVCC immediately following Dr. George's lecture. Enrolled students can extend participation to family members for

an additional \$25 for the program and \$15 for the introductory dinner event (reduced rates for children; ask when you enroll).

HEA is open to all USAWC students: civilian, international, and US military.

The Healthy Eating Adventure complements the Senior Leader Sustainment program's focus on students' cardiovascular health. Brown noted that the whole food, plant-based eating pattern has been researched and shown to effectively improve cholesterol, blood pressure, blood sugar, weight management and prevent an array of chronic diseases, such as cancer, type 2 diabetes, cardiovascular disease, and fatty liver. Students receive health screenings through the SLS program. And, health screenings will be available for spouses enrolled in HEA.

The six sessions over seven weeks intertwine learning and experimenting. Every session includes a coach and ongoing support. Every session explores recipes and practical tips with a community of people who are also changing their eating habits.

Interested students should contact Capt. Brown no later than October 12 to RSVP to the Oct. 23 kick-off (email below)

Week 1: Tuesday, Oct. 23, 6 p.m. lecture by Dr. Elizabeth George about the science behind whole-foods, plant-based eating, followed by dinner at 7:15 p.m. The whole food, plant-based menu is an opportunity to taste Healthy Eating Adventure/seasonal dishes.

Week 2: Tues, Oct. 30, Kitchen Makeover session introduces label reading, website and resources review.

Week 3: Nov. 6. Eat-and-learn potluck, explores 'Ask the Doc' topics and knife skills.

Week 4: Nov. 13. Eat-and-learn potluck, explores Dining Out and handling the holidays.

Week 5: Nov. 27. Eat-and-learn potluck, with "It's a Wrap" food demo – using leftovers for quick meals and snacks.

Week 6: Dec. 5. Eat-and-learn potluck -- Graduate and celebrate.

'This program shines a light on it: It truly matters what you're putting in your body.'

Brown was not a vegan eater before the Health Eating Adventure, so the

results she experienced were all the more interesting.

“So often, people just want to focus on weight and calories, and we lose sight of the quality of the food we’re eating,” said Brown. “These sessions help participants focus on nutrient-dense foods.

“I felt like I had a good amount of energy in terms of working out and doing physical training,” she said about her own healthy eating adventure. “I was able to recover really well, which is especially what I would call a big plus.

“You hear about professional athletes going toward whole food, plant-based eating, and among the big perks that they talk about is high energy and good recovery, as much as three times faster. That’s something that war college students will appreciate; as they get older, they don’t recover as they used to -- so that result can be a big plus,” she said.

Brown did not remain vegan, but she finds that she adheres to the ideas about 90 percent of the time.

“I explored different foods, different plant proteins, and more vegetables and fruits. I got out of the rut of eating the same fruits, the same vegetables, and the same meals all the time. It was exciting to try these different things.

“My knowledge base grew, and I have picked up on more authors and more subject matter experts to follow from both personal and professional standpoints.”

Contact Capt. Kira Brown to enroll in HEA, to RSVP for the dinner only, or to ask for more details -- at kira.a.brown.mil@mail.mil

Learn more about the program at www.healthyeatingadventure.org.

Dr. Elizabeth George is a family medicine specialist affiliated with Chambersburg Hospital. She received her medical degree from the Warren Alpert Medical School of Brown University and has been in practice for more than 20 years.