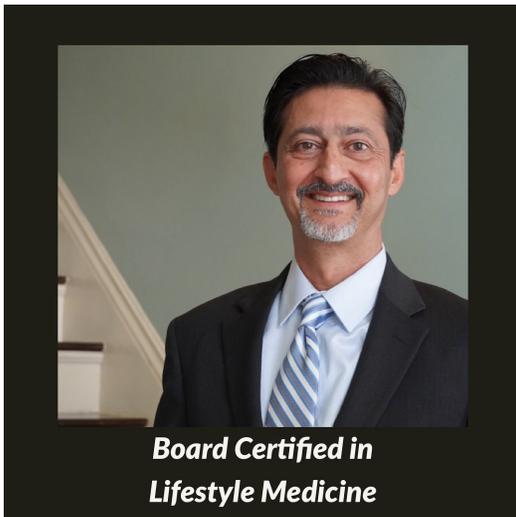




Holiday Edition!



Dr. Riz and I would like to thank you for your support and for being part of our lives!



Dr. Riz passed his board exam last month!!

He is now board certified through the American Board of Lifestyle Medicine.

Head on over to his FB page to congratulate him!

[Dr. Riz](#)

What is Lifestyle Medicine?

Lifestyle Medicine is team-based which involves a group of medical professionals such as nurses, therapists, psychologists, health & wellness coaches, nutritionists, fitness professionals, social workers. The team works together to help patients make and sustain behavioral changes.

Lifestyle medicine practitioners look at the lifestyle-related causes of disease. They look at the WHOLE patient. The practitioner will look at exercise, nutrition, social connections, sleep and stress management. Patients are active partners in the lifestyle medicine process.

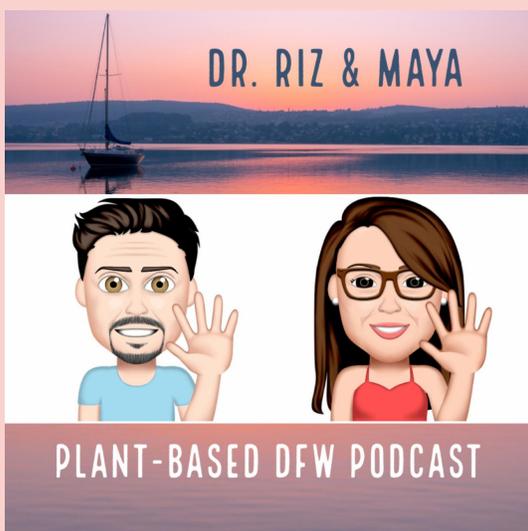
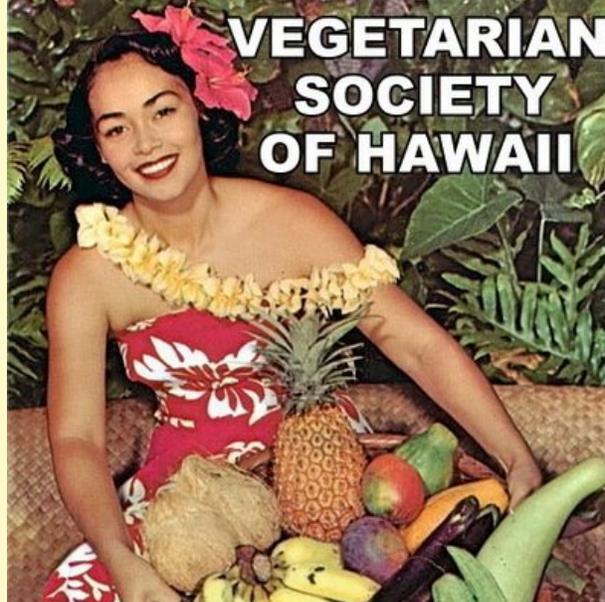
We are very excited to announce that Dr. Riz has been invited by the Vegetarian Society of Hawaii to be a guest speaker for the month of December.

Speaking engagements:

- **Honolulu** on December 10
- **Wailuku** on December 12

If you are in the area or know of someone who can attend, please click below.

[More info](#)



Private Plant-Based DFW Podcast Group

Join our group! You can now learn more about our podcast guests, ask questions, make recommendations or learn more about being a guest on our show.

[Join](#)

Walk With Dr. Riz

Let's walk this month to alleviate any stress we may be experiencing from the holidays.

This month we will talk about self-care through the holidays. Remember to breathe...through the holidays! Bring your dog, your children, your neighbor, your parents, anyone!!

We walk the trail which is about a mile long. Participants can ask questions and walk as much as they'd like. This promotes community and wellness!



[Join Us](#)

December 21, 2019
8820 Southwestern Blvd
Dallas, TX 75206
10 a.m. - 11 a.m.

We are on Happy Cow

Did you know that our organization



Plant-Based DFW is on the Happy Cow website/app? That's right!

You can now write a review if you enjoy our lectures, movie screenings, potlucks, guest speakers and walks.

[Write a Review](#)

Preventing Heart Disease Through Diet

Dr. Rizwan H. Bukhari was invited by the Mean Greens for Animals student group to speak at UNT Denton last month. If you missed his talk you can watch it on his youtube channel. Click on the clip to view the full lecture.

Make sure to subscribe to his channel to receive notifications for new content.



Happy Cow is the world's largest FREE directory of vegetarian/vegan restaurants including health food stores, farmer's markets and bakeries.

[Plant-Based DFW | Website](#)

