



E- News



September Events



The Game Changers, Sep. 16

Meet us at the AMC Northpark 15 theater on September 16, 2019 to watch the documentary [The Game Changers!](#)

Whether you attend the 7:30 pm show OR the 8:15 pm show, we will have experts available after the film to help answer questions.

[Buy Your Ticket](#)

Plant-Based DFW Shirts for Sale!

In celebration of this film, we have designed our own shirt.

These are beautiful Bella Canvas V-Neck shirts. Click below to email us and let me know what size you would like:

S, M, L, XL \$25 each.

[Place Order](#)



Walk With Dr. Riz, Sep. 21

We walk every third Saturday of the month. Dr. Riz will touch on a health topic, take questions, then we walk the trail which is about a mile long.



Participants can ask questions and walk as much as they like. This promotes community and wellness!

September 21, 2019
8820 Southwestern Blvd
Dallas 75206
8 a.m. - 9 a.m.

[Join Us](#)

The Story Behind "Walk With A Doc"

Dr. David Sabgir started his walking organization in 2005. Today the program is very successful with close to 500 chapters worldwide.

Have a listen to Howard Jacobson of the Plant Yourself as he interviews Dr. David Sabgir and discovers the Walk With A Doc organization almost ended!!!



[Listen](#)

Nature's Plate Open House, Sep. 22

Learn from plant-based athletes, fitness experts, & medical professionals!



Open House
w/ Local Game Changers and
Delicious Plant-based, Whole Food!

Plantbased DFW and Nature's Plate are bringing together local game changers! Learn more about plant-based eating from the experts!

About this Event:

Plantbased DFW and Nature's Plate are bringing together local game changers! Join us to learn more about plant-based eating from local health & fitness experts.

First - go see The Game Changers at local theaters on 9/16. Tickets at thegamechangersmovie.com.

Next - join us for this event on 9/22 to hear from a panel of local game changers about eating whole food, plant-based and how it can fuel your fitness and your life.

Complimentary cake and small bites - plus burgers and potato salad for purchase - all whole food, plant-based, of course

Panelists:

- Dr. Rizwan Bukhari, MD, FACS, Board Certified Vascular Surgeon
- Marla Ablon, Registered & Licensed Dietitian/Nutritionist
- Kayla Saul, ACSM Certified Personal Trainer, BS Kinesiology
- and more to be added!

October Events



Peace & Wellness Retreat

Dr. Rizwan Bukhari will be the keynote speaker for this retreat in Houston.

It will be a day retreat with workshops which promote holistic wellness. Yoga classes, guided meditation and nutrition classes are supplemented with lectures and presentations which allow individuals to deepen their practice.

October 5, 2019

The Council on Recovery
303 Jackson Hill St.
Houston, Texas 77007
8:30 a.m. - 3 p.m.

[Register](#)



You can now find Plant-Based DFW on the [Happy Cow App & Website](#). Feel free to upload pics of our events and to write a review about your experience with us. 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](#)

