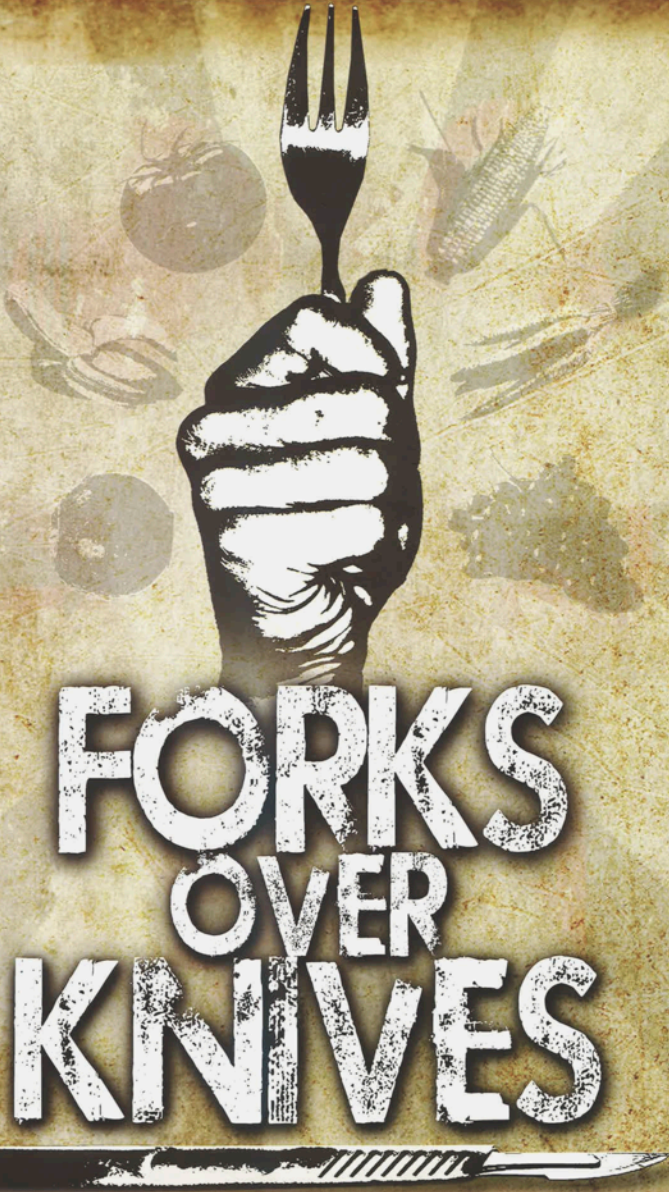


WARNING

THIS MOVIE COULD SAVE YOUR LIFE!



Feb 19th at 4:00 pm
Feb 21st at 7:00 pm
Castle Rock Elementary School
Admission is FREE!

© Monica Beach

FORKS OVER KNIVES

Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure. Cases of diabetes are exploding, especially amongst our younger population. About half of us are taking at least one prescription drug and major medical operations have become routine. Heart disease, cancer and stroke are the country's three leading causes of death, even though billions are spent each year to "battle" these very conditions.

What if we could cure diseases without medicine?

Could it be there's a single solution to all of these problems? This film examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed.

FORKS OVER KNIVES traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell (Cornell University & author of 'The China Study') and Dr. Caldwell Esselstyn (Cleveland Clinic), who came to an improbable conclusion.

What if they're right?

Located at the:

Castle Rock
Elementary School
700 Huntington Ave S

Date and Time:

Feb 19th 4:00 pm
Feb. 21st 7:00 pm
Admission is Free!

ForksOverKnives.com & Event site: CRhealth.weebly.com

Upcoming Events:

Health Fair

Date: March 4
Time: 10 am – 4 pm
Place: Sunnyside Grange in CR
Contact Info: Call First
Jeanne - (360) 355-2549

Cooking Class

Tuesdays, March 27 – May 8
Time: 6:30 – 8:30 pm
Place: Castle Rock Seventh-Day
Adventist Church
Ruth - (360) 274-7814

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