



The Power of Plants: How a Plant-Based Lifestyle Transforms Your Health

Date:

Time:

Join **Leanna Stetson, MEd, HNC**, Certified Holistic Nutritionist, for a fast, fun, and inspiring 15-minute dive into the incredible benefits of plant-based eating. Leanna will highlight the science, the simplicity, and the life-changing potential behind choosing more whole, vibrant foods—no restriction or overwhelm required.

In this energizing mini-session, you'll discover:

- **Why plant-based foods are nutritional powerhouses** that boost immunity, fight inflammation, and support longevity.
- **How plants fuel your mind and mood**, supporting emotional balance through gut-brain nourishment.
- **The surprising truth about gut health**—and why your microbiome loves a plant-forward lifestyle.
- **Simple shifts you can start today** to feel lighter, clearer, and more energized—without giving up flavor or fun.
- **How to use food as medicine**, one colorful, nutrient-packed plate at a time.

Walk away inspired, empowered, and ready to unlock the healing potential of plant-based nutrition—one delicious bite at a time.

Leanna Stetson, MEd, HNC, is a Certified Holistic Nutritionist through AFPA with a strong foundation in nutrition, biochemistry, and education. With her Master of Education and advanced training in holistic nutrition, Leanna blends evidence-based science with a whole-person approach to wellness. She specializes in using plant-based foods, herbal support, and mindful lifestyle habits to help individuals heal, thrive, and feel their best. Passionate about making holistic health both accessible and empowering, Leanna teaches others how to use food as medicine and create sustainable habits that support long-term well-being. She is dedicated to inspiring others to nourish their bodies, minds, and spirits through informed, intentional choices.

