Join Plant-Based Educator Ian M. Cramer, MS, ATC, as he presents "Overfed and Undernourished: The Relationship between Food, Disease, and Health". In this evidence-based discussion, he will speak about chronic diseases, how they can be prevented or reversed using diet and lifestyle, and how athletes can integrate a plant-based lifestyle.

Join us in Eagle's Look-Out Lecture and Q&A Monday, Feb 19th 6:30 PM