



Cochise Health & Social Services

Mary Gomez, Director

"Building A Healthier Future"

*** MEDIA RELEASE ***

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FOR IMMEDIATE RELEASE: Free Presentation to Discuss the Potential Benefits of a Plant-Based Diet

Your Health Could Improve By Making Simple Changes in What You Eat

Cochise Health and Social Services and the City of Douglas Fit City Wellness Program are pleased to sponsor a presentation by Dr. Michael Milazzo on the potential benefits of a plant-based diet.

Plant-based diets are good for the environment, your heart, your weight, and your overall health. A plant-based diet emphasizes vegetables, fruits, legumes (dried peas and beans), and whole grains. These foods are good sources of protein, carbohydrates, fat, vitamins, and minerals. They are also naturally lower in calories than foods made from animals.

Colorful plant foods also are good sources of chemical compounds that can help to protect your body's cells from damage, as well as help support overall health. Eating a plant-based diet does not mean that you have to become a vegetarian; it just means that you should try to select most of your foods from plant sources.

Eating a variety of colorful fruits and vegetables, grains, and legumes (dried peas and beans) also may aid in the fight against a number of diseases. By making simple diet and lifestyle changes, you may reduce your chronic disease risk.

The event will be held on Thursday, August 22, 2013 from 5:30 p.m. to 7:00 p.m. at the Douglas Visitor's Center located at 345 16th St. in Douglas.

There is no charge for attending and reservations are not required. A light dinner will be provided.

Be sure to bring your questions about how to make healthier choices during meal time that will help you and your family. For additional program information, please contact Suzanne Hagle at 520 432 9493 or shagle@cochise.az.gov.

About Dr. Milazzo

Dr. Milazzo grew up in Kansas City and comes from a family of physicians. He passed his National Board Certification for Osteopathic Physicians and became a diplomat of the National Board of Examiners for Osteopathic Physicians and Surgeons. Hearing of Chiricahua Community Health Center's mission of providing quality, efficient health care to all in Cochise County regardless of ability to pay, Dr. Milazzo joined the Bisbee Clinic in July, 2012. He is currently seeing adult general medicine patients. He has a special interest in prevention, stabilization, and reversal of coronary artery disease and hardening of the arteries.

About Cochise Health and Social Services

Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through education, service and leadership. For more information, please visit our website at <http://cochise.az.gov/health>.

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