

## ***Heartbeats for Life!***

invites the Rochester area community to a **FREE** screening of

# ***Forks Over Knives***

*(Healthy Eating vs. Surgery!)*

***Film Attacks Heart Disease as “Toothless Paper Tiger”***

**Tuesday, September 13, 2011**

**7:00 p.m. ~ Doors open 6:30 p.m. ~ Free to All!**

**Rochester Academy of Medicine, 1441 East Avenue, Rochester NY**



**Featuring introduction and Q & A with Thomas M. Campbell, MD**

**Resident, Department of Family Medicine, University of Rochester School of Medicine & Dentistry**

Dr. Campbell is co-author of ***The China Study*** with his father, Cornell University professor, Dr. T. Colin Campbell. Following the movie, he and **Dr. Robert F. Klein**, U of R Emeritus Professor of Medicine and chair of *Heartbeats for Life*, will field questions from the audience.

**From the *Forks over Knives* website:** “*FORKS OVER KNIVES* examines the profound claim that most, if not all, of the so-called ‘diseases of affluence’ that afflict us can be controlled, or even reversed, by [diet and lifestyle changes]. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.” (“Diseases of affluence” include heart disease and related cardiovascular diseases and risk factors such as diabetes and obesity.)

For the movie trailer, synopsis and more information, go to [www.forksoverknives.com](http://www.forksoverknives.com)

(Note: *Forks Over Knives* was independently produced, and not made, designed, written, directed, funded, or produced by Dr. Campbell or his father.)

**Further information: 24-hour voice mail 585-234-7076 or [www.heartbeats4life.org](http://www.heartbeats4life.org)**

***Heartbeats for Life!***

**Support for your healthy life: diet - exercise - stress reduction - social interaction**

**Since 1995...A wellness support group based on the work of Dr. Dean Ornish ~ Robert F. Klein, MD, chair**