

**“Change Your Diet, Change the World”**  
**A KSB Event on Wednesday January 13th**

“It’s the food,” says Susan Pitcairn, “A simple change of diet is *the* most significant step anyone can take to save our planet ... what we choose to eat every day makes a *huge* difference in all these issues.”

Keep Sedona Beautiful, Inc. continues its 2015-16 *Preserving the Wonder™* Speaker Series on Wednesday, January 13th featuring a presentation titled “Change Your Diet, Change the World” by Susan Pitcairn, MS, green living educator, artist, poet and co-author with her husband Richard of the best-selling Rodale book, “Dr. Pitcairn’s Complete Guide to Natural Health for Dogs and Cats,” introduced on the Merv Griffin show in 1982.

Members, residents and visitors are all welcome to join Keep Sedona Beautiful (“KSB”) at 5:30 pm at its historic Pushmataha Center on 360 Brewer Road. The evening will include complimentary appetizers donated by El Rincon Restaurante Mexicano and refreshments provided by Keep Sedona Beautiful (KSB).

The evening will highlight an overview of how we can each do our part to help sustain life on our planet. According to Ms. Pitcairn, “greenhouse gases, water depletion and pollution, deforestation, mass extinctions, global hunger and food injustice can all be addressed by the daily choices we each make. As it turns out, it’s also best for the animals.” Come see why there is such a buzz lately around tasty, easy plant-based eating.

Ms. Pitcairn has a longtime passion for ecological living, and has hosted potlucks, tours and events in Sedona since 2007. Recently, the Pitcairns and others switched to an all-plant diet when they learned that “it makes far more difference than all our other efforts to live green, including solar energy, rainwater harvesting, plastic reduction, recycling and eating organic.” Since then, Pitcairn has worked diligently to share this information widely, speaking at conferences, blogging, creating YouTube videos and related artwork and poetry. Currently, the Pitcairns are again teaming up on the fourth edition of their book, which will explore its application for pets.

Keep Sedona Beautiful’s monthly *Preserving the Wonder™* Speaker Series is held the second Wednesday of each month from September to June. It focuses on presenting a diversity of programs relevant to the unique environment of our region.

Keep Sedona Beautiful, Inc. is a nonprofit organization that, by acting through the stewardship of its members and volunteers, is committed to protecting and sustaining the unique scenic beauty and natural environment of the Greater Sedona Area. For more information about Keep Sedona Beautiful, please call 928.282.4938, or visit <http://www.keepsedonabeautiful.org/>.