



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
**Invites you to its meeting, October 26<sup>th</sup> at 11 AM at the**  
**First Presbyterian Church, 37 Lafayette Place, Greenwich, CT.**

**The program will also be shown on Webinar: [CLICK HERE](#)**  
**The recording will be available at [greenwichrma.org](http://greenwichrma.org)**

## **Dr. Katie Takayasu**

### **“The Case for Putting Plants First in Your Diet”**



Dr. Katie Takayasu is an Integrative Medicine Physician and author of ***Plants First: A Physician's Guide to Wellness Through a Plant-Forward Diet***. She practices holistic health, bridging the gap between traditional Western medicine and the evidenced-based health tools of nutrition, acupuncture, meditation, botanicals and lifestyle.

She works one-on-one helping patients to recognize their own balance in mind, body and spirit as well as in group settings with the gentle but effective jumpstart to reclaiming wellness and lifestyle balance by harnessing the body's natural propensity for detoxification.

Dr. Takayasu attended the University of Michigan and Wright State University where she graduated with an M.D and M.B.A. She completed her residency in Family Medicine at Columbia University/New York Presbyterian where she became Chief Resident.

Dr. Takayasu is married with two sons and resides in Darien.

***Please note: Attendees must show proof of vaccination and booster at the door for admittance.***

**Our speaker on November 2<sup>nd</sup>: Thomas Graham, Ph.D., “Putin’s Gambit: Why He Chose the War and How will it End?”**

*The Greenwich Retired Men’s Association offers a free program every Wednesday at 11:00 a.m. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org) or contact us by email at [info@greenwichrma.org](mailto:info@greenwichrma.org).*