



HUMAN BIOLOGY

**ABOUT OUR
COMPANY**

We are an
organization
committed
to multi-
tiered
homeostasis

COME JOIN US!

WEBSITE:

HumanBiology.org



@lhumanbiology



@lhb.org





SERVICES

Plant-Based Nutrition Basics

Come learn the basics and importance of plant based nutrition with food, friends and family.

Whole Food Culinary Medicine

Come learn how to prepare whole food plant based meals with friends, family and local members of your community.

OUR GOALS AND IMPACT:

- foster basic food and health literacy in the community
- create a healthier food environment
- Provide the community with resource for a healthier life style

Our public health programming underpins cultural sensitivity and patient engagement for individuals and the planet.

