

Ending chronic pain is topic for July vegan potluck in Kinzers

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The monthly get-together of the Lancaster Vegan and Raw Food Potluck & Support Group is set for 6-8:30 p.m. Monday at the Kinzer Fire Hall, 3521 Lincoln Highway E., Kinzers.

Brian Rossiter will present a talk about ending chronic pain and maintaining a healthy, functional body.

Rossiter will talk about the Fruit-Powered Life Force Center's pain relief and postural alignment method.

For the potluck, singles, couples and families of two should bring a 9-by-13-inch raw-food dish or an equivalent amount of food. Families of three or more should bring two 9-by-13-inch or equivalent dishes.

These raw-food dishes should be made with only fresh fruits, vegetables, nuts, seeds, sprouted grains, herbs and spices and seasonings. They should exclude all animal products. A recipe or complete list of ingredients must accompany every dish.

Everyone should bring his or her own place setting, as well as a contribution of \$2 per person or \$4 per family toward rental of the fire hall.

For information, contact Terri Roberts, 717-725-8617 or terri17579@comcast.net, or Pat Umble, 717-951-0972 or paumble@yahoo.com.