



Esselstyn Foundation in Action

2026

 **Esselstyn**
FOUNDATION



Virtual Presentation with Own Your Health



“The plant-based movement is heavily rooted in a ground-up approach. Grassroots progress is propelled by local advocates, educators, and community members shifting habits within families, schools, and workplaces. It is that simple.”

-Dr. Esselstyn



Presentation,
demo, and
dinner with
Ohio
University
Medical School
Students

Colorado Springs Fire Department

February 2026

“The #1 cause of death of first responders in the line of duty is heart attack.”

-Rip Esselstyn





Colorado Springs



Community Centers, Lifelong Learning Programs, and Senior Centers in Ohio



"Teach the children so that it will not be necessary to teach the adults."

-Abraham Lincoln





EF 2.0 public
presentation the
Psychology of PB
Eating



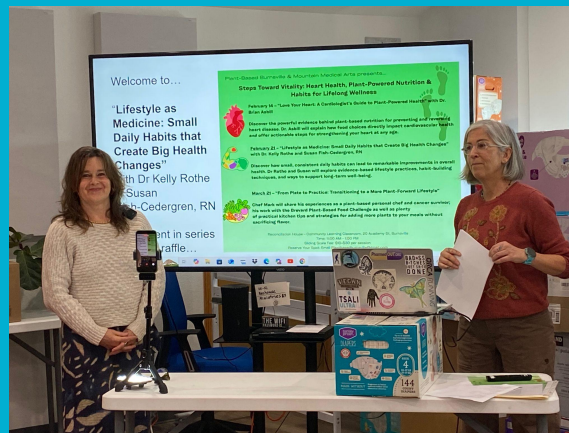
Jane's Texas
Armadillo Tater
Tots

Demo with Physician
Assistants' Program at
Delaware Valley
University





2026 Kaleblazers



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

—Margaret Mead

Plant Bros Public Presentations on YouTube: Trying to get more men in the kitchen!





Thank you from the
bottom of our hearts!
We could not do it
without you.

Onward with plants
and love!