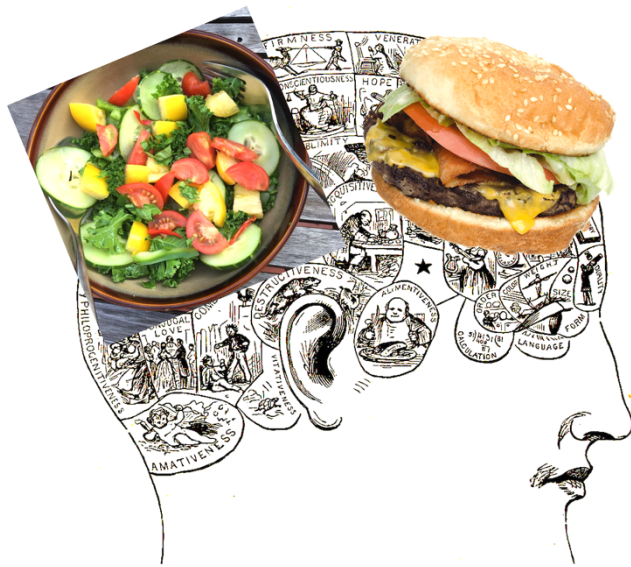


# Joint Concord/Western Quarterly Meeting Virtual on Zoom/In-Person at Westtown Meeting July 17, 2022

Zoom Link: <https://us02web.zoom.us/j/92668234836>

- 8:30-10:00am Concord Quarterly Meeting for Worship with attention to Business
- 10:10 am Hymn Singing
- 10:30 – 11:15 Joint Worship
- 11:15 - 11:45 Lunch Break (eat offline or eat brown bag at the Meetinghouse)
- 11:45-1:00pm Food for Thought with Dr. Mary-Anne Ost – Also Edible Plant Search
- 1:30-3:00pm Western Quarterly Meeting for Worship with attention to Business



## Food for Thought

A presentation by  
Dr. Mary-Anne Ost on how  
nutrition can support  
brain health

*For many years American nutrition has been under the microscope. Various diets have been touted as solutions for diabetes, insomnia, cardiovascular disease, bone degeneration and yes even "brain fog". Come to the next Quarterly Meeting and hear an opinion on all this from a prominent physician in our region who has focused on good nutrition and how it benefits our lives.*



Dr. Mary-Anne Ost is a member of London Grove Monthly Meeting and a board-certified Family Medicine and Geriatric physician in Chester County. She is the Medical Director for Linden Hall, part of the Friends Home in Kennett. She is a member of the MDVIP network of physicians who are committed to "life-changing, personalized, preventive care so that patients can lead healthier and more vibrant lives." Dr. Ost has a lifelong passion for good nutrition and healthy lifestyles and will share her knowledge and experience in nutrition and brain health. Join us either in person in the Westtown Meeting Room or by Zoom.

Participate in the discussion by filling out our online form on your sample menu choices from one of your typical days meals. Dr Ost will evaluate the submitted menus (anonymized) during her presentation. Form is at the bottom: <https://concordquarter.org/nextqm-pastqm/2022/joint-concord-western-qm-mtg>

Children and Youth Program at 11:45: Join Gwynne Ormsby and Bruce Harrison for a campus and field walk to look for wild edibles!!



For more info, email Bianca Santini-Dumas, Coordinator, at [concordquarter@pym.org](mailto:concordquarter@pym.org) or Deb Wood at [coordinator@westernquarterquakers.org](mailto:coordinator@westernquarterquakers.org)  
Event Website: <https://concordquarter.org/nextqm-pastqm/2022/joint-concord-western-qm-mtg>