

Jean Bergner

Jean has been whole food plant-based since reading The China Study in 2012. The scientific evidence for disease prevention was overwhelming. Since that time she has attended American College of Lifestyle Medicine and Planttrician conferences, obtained a plant-based certificate from Rouxbe online cooking school, completed the Plant Based Nutrition course from eCornell and taught LTCC CONNECT plant based cooking classes since 2017. She hopes you will be inspired by these Cooking Club classes and avail yourselves of all the on-line and print resources available to help you on your journey.