

**FREE LECTURE**

# Nutrition & integrative medicine

Wednesday, March 4, 1:00 – 1:45 p.m.  
BRMC Lagerborg Dining Room

Join Lindsey Hardin, Baxter Regional Center for Integrative Medicine Director and Natural Foods Specialist, to learn about the science-based, clinically proven evidence behind plant-based eating and how you can use it to better your own health. Get recipes and tips on how to shop locally! The event is free, but registration is required.

**To register, call (870) 508-7530!**

Ronald Bruton, MD, AIHM, ABFM  
Medical Director

Lindsey Hardin  
Director

For more information, call (870) 508-7530, or email  
[info@baxterregional-integrativemedicine.com](mailto:info@baxterregional-integrativemedicine.com).



610 Broadmoor Drive, on the BRMC campus

Affiliated with Baxter Regional Health System | [www.baxterregional.org](http://www.baxterregional.org)