

Eat Drink Disrupt (EDD) Summit, the Southeast's only Whole Food Plant-Based (WFPB) program focused on reversing chronic disease and addressing financial inequity



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Eat Drink Disrupt (EDD) Summit, the Southeast's only Whole Food Plant-Based (WFPB) program focused on reversing chronic disease and addressing financial inequity

On November 16, Power is Giving Inc., a 501(c)(3) nonprofit, presents its 5th annual Eat Drink Disrupt (EDD) Summit, a community-driven program focused on reversing chronic disease and addressing financial inequity. Held from 11:00 a.m. until 3:30 p.m. at Central Piedmont Community College's Parr Center, advance tickets are available online here or at CPCC's box office for \$21.50.

As the only 100% whole food, plant-based (WFPB) summit of its kind in the Southeast, this evidence-based program is led by Black, Indigenous, and People of Color (BIPOC) clinicians, culinarians, and subject matter experts who address systemic health and wealth disparities through proven interventions. Together, they address systemic health and wealth disparities through proven interventions that arrest and reverse chronic disease via the adoption of a WFPB lifestyle. The summit will be **hosted by Javon Johnson**, leading actor, director, writer, and star of Tyler Perry's, *The Oval*.

Attendees will gain actionable tools from expert clinical and financial presenters while enjoying three themed tasting stations curated by leading BIPOC chefs, juicing demos and creative vendors, all for less than the cost of lunch.

"Our communities must shake loose the shackles of disease management as an inevitability," says Dawn Hilton-Williams, Executive Director of Power is Giving. "With African Americans facing 30% higher heart disease mortality rates and double the diabetes death rate compared to non-Hispanic whites, the EDD Summit offers solutions that advance generational wellness."

Summit Highlights:

• Reverse-It Presentations

• **Heart Disease:** Cliff Morris, MD, FACC, DipACLM- UNC Chapel Hill alumnus, Durham native, former Jordan-Era basketball player (#20), cardiologist & founder of [Morris Cardiovascular Risk Reduction Center](#).

• **Diabetes:** Helen Powell Stoddart, MD, MS-author & founder of [Pain 2 Wellness Healthcare](#).

• **Financial Divides:** Anthony Abrams, CPA, Series 6 & 7 Financial Advisor & founder of [Abrams Financial Services](#). Abrams, is a top CPA and financial advisor, will provide tools to build generational wealth and close financial gaps tied to the social determinants of health (SDOH).

A Plant-Based Culinary and Health Empowerment Experience

Attendees will enjoy an inspired juicing demonstration by [Harold Leffall](#), author, cancer survivor, and healthy lifestyle influencer with nearly 1 million Instagram followers as well as Island, Inspired and Soulful tasting stations featuring 100% plant-based cuisine from leading BIPOC chefs.

Why the EDD Summit Stands Out

We bring together experts to address the root causes of chronic disease and financial inequity. Our approach empowers patients to partner with physicians, using WFPB nutrition and lifestyle to reduce and, where appropriate, eliminate dependence on pharmaceuticals for lifestyle-driven chronic illnesses.

Chronic disease also takes a devastating human and financial toll: 90% of U.S. healthcare costs go to treating conditions like heart disease, stroke, and diabetes. Each year, 944,800 lives are lost to heart disease and stroke, costing \$254 billion in healthcare expenses and \$168 billion in lost productivity. Diabetes adds \$413 billion in costs, with 38 million Americans living with the disease and 98 million more at risk. The EDD Summit provides tools and resources to reverse these trends, saving lives and reducing healthcare costs.

For media inquiries, contact:

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<p>JUICING DEMO</p>  <p>AUTHOR, INFLUENCER CANCER SURVIVOR <i>Harold Leffall</i></p>	<p>POWER IS GIVING PRESENTS</p>  <p>CELEBRITY HOST</p>  <p>STAR OF TYLER PERRY'S HIT SERIES THE OVAL <i>Jawon Johnson</i></p>	<p>A 100% WHOLE FOOD, PLANT-BASED CHRONIC DISEASE REVERSAL & WELLNESS EQUITY PROGRAM</p>
<p>CLIFF MORRIS, MD, FACC CARDIOLOGIST, FOUNDER REVERSE-IT HEART DISEASE</p>		<p>FREE ISLAND STATION HERBED FORBIDDEN RICE CURRIED CHICKPEAS CHEF JEWL</p>
<p></p>		
<p>HELEN POWELL STODDART, MD PHYSICIAN, AUTHOR REVERSE-IT DIABETES</p>		<p>FREE INSPIRED STATION ONIGIRI W/TERIYAKI SMOKED SAL'MON & KIMCHI CHEF ARTINA LINDSEY</p>
<p></p>		
<p>ANTHONY ABRAMS, CPA CPA, SERIES 6/7 FINANCIAL ADVISOR REVERSE-IT FINANCIAL DIVIDE</p>		<p>FREE SOULFUL STATION CREOLE RED BEANS SMOKIN' COLLARDS CHEF DARA BESS</p>
<p> NOV 16 PARR CENTER @ CPCC CHARLOTTE 11:00AM-3:30PM</p>	<p> TICKETS</p>	<p> NOV 16 PARR CENTER @ CPCC CHARLOTTE 11:00AM-3:30PM</p>

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