

# #WhatsTheMessage EP 037: Healthy At Last with Eric Adams & Donna Green-Goodman

In this episode Carmela and Claudia welcome Eric Adams, Brooklyn Borough President and Author of the forthcoming book *Healthy at Last: A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses*, along with long time Food Editor, Donna Green-Goodman. They talk about the power of a plant-based diet and provide insights. Tune in to this inspiring episode and learn how a plant-based diet can literally transform your life. Join Donna Green-Goodman and Eric Adams for a virtual book club and cooking session by registering [here](#).

Get your copy of *Healthy at Last* today!

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