



The Power of Plant-Based Nutrition

Thursday, March 21, 2019

6:30 to 8:00 pm

Janet Levine, R.D., D.M.D., a registered dietitian and dentist, will discuss what plant-based nutrition is and how it can help treat some common diseases. She will also demonstrate a recipe and provide tips on shopping and food preparation.

Come find out how simple it can be to prepare plant-based foods that are satisfying, nutrition packed, *and taste amazing!*

Briarcliff Manor Public Library

1 Library Road, Briarcliff Manor, NY 10510

www.briarcliffmanorlibrary.org

Registration is recommended but **all** are welcome to attend. To register please email Shelley Glick at sglick@wlsmail.org or call 914-941-7072.