



WITH PLANT-BASED FOODS

Explore the science behind a plant-based diet and how it can improve our health and the planet's too. Learn how people are losing weight, reducing their risk of heart disease, diabetes, and cancer with the power of plant-based foods. Taste-test a variety of food products and take home valuable resources that will inspire you to continue exploring and enjoying the many health and environmental benefits of choosing plant-based foods.

SATURDAY, FEBRUARY 1ST | 10:30 - 11:30 AM
VALENCIA PARK / MALCOM X BRANCH LIBRARY & PERFORMING ARTS CENTER