



Healing Ourselves & the Planet with Plant-Based Foods

Saturday, 1/18/25 • 2:30 PM • Community Room

Liz Gary from New Options Food Group will 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 and 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 enjoying the many health and environmental benefits of choosing plant-based options.



Mission Hills-Hillcrest/Knox Library

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