

Free Community Education Program

**SUMMER
2024**

Registration is required!



Plant Based Eating: Exploring the Summer Harvest

Date: Thursday, August 22, 2024

Time: 6:00 p.m. – 7:30 p.m.

Site: Live Webinar (Zoom)

Plant-based eating focuses on fiber-rich plant foods such as vegetables fruits, whole grains, legumes, nuts and seeds. Harvesting the power of plants in our diet has a multitude of benefits to your cardiovascular health, your immune system, cancer risk and more. In this program, Registered Dietitian, Amy Rapone, will discuss these benefits and share tips on how to eat plant-based meals without restriction. She will also talk about the tastiest plant-based foods in season, how to find them locally and how to create fun, delicious recipes with them as the star ingredients.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.

ECHNSM
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