

INTRODUCTION TO

Plant-Based EATING

with Allison Roberts, ANR / HHS Extension Educator

WEDNESDAY

OCTOBER 18 · 5:30 PM

BROWN COUNTY PUBLIC LIBRARY · 205 LOCUST LANE · NASHVILLE, IN

Discover the pros
and cons — plus...

- How to get enough protein
- Meat and dairy alternatives
- How to get started

COOKING
DEMO &
TASTY
SAMPLES

REGISTRATION REQUESTED

BrownCountyLibrary.info/eat-plants · 812.988.2850



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