



Introduction to a Whole-Foods Plant-Based Diet

Tuesday, June 19 at 6:30^{PM}

Vegan chef Mary Lawrence will teach the basics of a plant-based diet and how to get maximum nutrition from the foods you eat.

Author of a new cookbook, *Eat Vegan With Me*, Mary Lawrence is a chef, culinary instructor and wellness educator.

Noah Webster Library 20 South Main Street West Hartford, CT 06109 860-561-6990