



- nutrition information
- cooking demo
- delicious recipes
- supportive group setting

**\$10.00**  
**Suggested**  
**Donation**

Brown County Public Library  
205 Locust Ln, Nashville, IN 47448

**March 15, 2020**  
**2:00-4:00 PM**

1 in 4 in U.S. have cut back on eating meat (Gallup Poll 2020). Please join those who are: considering eating plant-based, dabbled in eating plants, or are plant-based looking for new tools.

The class is a 2-hour Healthy Basics introduction to eating plant-based where you will learn about how eating plant-based may support your health, observe plant-based dishes prepared for you, and you will have the opportunity to put the dishes to your own personal taste test.



**Join Food for Life Instructor**  
**Dr. Carol Wroblewski**  
**Register**

Call: 812-929-8421 or  
Facebook: Plant-based Eating  
Advocates (PEA) Pod

**Physicians**  
**Committee**  
for Responsible Medicine  
PCRM.ORG

[www.fflclasses.org](http://www.fflclasses.org)

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.