

Whole Food Plant Based Diet 101

Oct. 12 at 3 pm

Seeking a diet for optimal health?

Hear from retired nurse and five time cancer survivor, Marlene Dopp, who credits her current well-being in large part to having converted to a plant based diet.

Learn about

- phytonutrients
- free radicals
- antioxidants
- the importance of fiber

A plant-based diet isn't only good for your health it also reduces your carbon footprint.

Registration required. Sign up at the Information Desk, or by calling 503.266.3394

