

**South Plainfield Public Library Presents:**

**Rev Up Your Life with Plant Based  
Superfoods**



A vegetarian diet that is high in plant-based whole foods has many health benefits including more energy and increased stamina. We'll cover basic nutrition needs and how to add more nutrient dense foods to your daily menu. Handouts will include recipes. Join Sue Rose, Vegetarian Lifestyle Coach for this informative workshop. There will even be a short meditation sitting at the end!

**Thursday February 14 at 7pm**

**REGISTRATION REQUIRED**

**TO REGISTER, PLEASE CALL THE SOUTH PLAINFIELD LIBRARY AT  
908-754-7885**