The Plant-Based/Vegan Diet: Fighting Climate Change

MONDAY – APRIL 6, 2020 @ 7:00 PM

In this program, vegan educator, Jeanne Sylvester will introduce you to the potential benefits of a plant-based diet and how to incorporate it into your lifestyle. She will also discuss the environmental benefits of going vegan which reduces greenhouse gases, water pollution, rainforest destruction and your carbon footprint. You will also be introduced to some vegan food basics, sample vegan treats and learn easy and delicious recipes you can try at home.

All interested are welcome to attend