

# FREE Lecture Series

The Fourth Monday of the Month

## Cooking with Fresh Ingredients Taste the Healthy Difference!

**Monday, September 25, 7pm**  
**Woodbury Public Library**

33 Delaware St, Woodbury, NJ 08096 • 856-845-2611



Presented by **Dawn Lucas**, owner of the Gentle Giant Cafe. Dawn has over thirty-five years experience working in non-profits to benefit the community—from entry level case manager to executive director. She has the following certificates: Plant-Based Nutrition from T. Colin Campbell Center for Nutrition Studies, and Forks Over Knives Plant-Based Cooking program. Dawn looks forward to teaching others how they can eat and live a vegan lifestyle! [thegentlegiantcafe@aol.com](mailto:thegentlegiantcafe@aol.com), [facebook.com/TheGentleGiantCafe](https://www.facebook.com/TheGentleGiantCafe)

**Free Vegetarian Starter Kits, Recipes, & Food Samples**



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**Next Lecture: Monday, October 23. Details will be posted at [VSSJ.com](http://VSSJ.com).**