

# FREE Lecture Series

The Fourth Monday of the Month, 7:00pm

## EATING HEALTHY IN THE NEW YEAR

Learn How to Keep Those Resolutions and Feel Great!

**Monday, January 23, 2017**

Woodbury Public Library

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

Do you want to reduce the saturated fats and cholesterol you eat? Let a vegan show you how. Learn how to eat plant proteins and healthy fats that will keep you well-fed and satisfied. Taste some of the delicious options available today.



Presented by **Freya Dinshah**, the president of American Vegan Society ([americanvegan.org](http://americanvegan.org)), editor of *American Vegan* magazine, a cookbook author, and nutrition educator for an after-school program. She lives in Malaga NJ and has been a vegan for over 50 years.

Freya will show you how to make quick and easy healthy snacks that taste great.

## Free Veggie Starter Kits and Food Samples!



Sponsored by

**Vegetarian Society of South Jersey**

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Next Lecture: Monday, February 27. Details will be posted at [vssj.com](http://vssj.com).