

FREE Monthly Lecture Series



A Plant-Based Diet Gave Me My Health Back!

Learn to Heal Your Body with Food.

Monday, February 26, 7pm

Woodbury Public Library

33 Delaware St, Woodbury, NJ 08096

856-845-2611 • WoodburyLibrary.org

Karen Burzichelli, RN and health coach, tells her story of how after 25 years of pills, procedures, and tests, she finally healed her body with food. She will share her favorite plant-based recipe and give you tips on how to get started.

Karen has over 30 years experience as an OB nurse and childbirth instructor. In addition to her nursing job, she works with clients teaching plant-based cooking classes and helps them transition to a healthier diet to prevent and reverse disease.

Karen's Healing Kitchen • www.karenshealingkitchen.com • 856-803-9910

Free Vegetarian Starter Kits and Food Samples



Sponsored by

Vegetarian Society of South Jersey

PO Box 51, Mt. Laurel, NJ 08054

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Next Lecture: Monday, March 26. Details will be posted at VSSJ.com.