

# FREE Lecture Series

The Fourth Monday of the Month

## EAT HEALTHY TO LIVE WELL

### Learn How a Plant-Based Diet Turned a Tragedy Into Triumph

**Monday, May 22, 7:00pm**

**Woodbury Public Library**

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



#### Speakers:

**Michael Joseph Fernandez**, diagnosed with Multiple Sclerosis more than 10 years ago, is healthy, active, and happy today. Through writing children's books, cookbooks, and a fitness guide, Michael's goal is to show the world the power of good nutrition, fitness, and balance.

**Kristi Drude** is an elementary school teacher. After co-writing three books with Michael, her mission became clear: to inspire others, including her young students, to use their full potential, achieve a positive frame of mind, and live well.



#### Free Vegetarian Starter Kits and Literature Table



Sponsored by

**Vegetarian Society of South Jersey**

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Next Lecture: Monday, September 25. Details will be posted at VSSJ.com.