

# Splash into Summer!

**Plant-Based Diet • Seasonal Exercises  
Healthy Hydration  
“Cool” Lifestyle Recommendations**

**Wednesday, June 27, 2018 • 6:30pm**

Margaret E. Heggan Library, 606 Delsea Dr., Sewell, NJ 08080



**FREE Lecture by Jim Ronga, DC**, chiropractic health-care practitioner. Dr. Ronga practices at the Haddonfield Chiropractic Health Center in Cherry Hill NJ, and is an adjunct professor at Peirce College in Philadelphia and at Rowan University. He has a long association with Vegetarian Society of South Jersey.

**Free Vegetarian Starter Kits, Healthy Snacks, and Literature!**

**Advance Phone or Online Registration is Required.**

Call 856-589-3334 or go to EVENTS at [hegganlibrary.org](http://hegganlibrary.org) to register online.



For more info:

**Vegetarian Society of South Jersey**

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