

WELLNESS SESSION



Plant Forward Thinking

August 29, 2019

12:30-1:30 PM Conference Center at Building 1

Presented by: Sharon Audino, RD

Cornell Cooperative Extension and Office for the Aging

This session includes the benefits of emphasizing plants to take the leading role in all our meals.

Pre-registration is required. There is no fee to attend.

Register at: <https://plantforwardwellnesssession.eventbrite.com>

