



Healthy Eating Plant-Powered Diets

Free Virtual Presentation by Big Y's Consulting Dietitian, Kathy Jordan, MS, RDN

Come find out how to boost nutrition with a plant-powered style of eating:

- Learn about the different styles of plant-based diets.
- Learn the science behind the benefits of including plant-based foods into your daily meals.
- Discover current recommendations for incorporating this style of eating into your daily meals and shopping with tips to apply them to the purchases you make at the market.
- Dispel current myths and misinformation about diet, nutrition and health.



Date/Time: August 18, 10-11 AM

Location: Via Zoom through Scituate Council on Aging

Event is Free – Register in advance to receive the Zoom link. There are 3 ways to register...

Email: lthornton@scituatema.gov

Online: [MyActiveCenter](#)

Call: 781-545-8875