



# FREE

## Cooking Demonstration & Nutrition Presentation **Lunch & Learn**

*Presented by Living Plate*

### **A Year of Healthy Eating**

Skip the resolutions, diets, and detoxes, and learn simple strategies that will help 2018 be your healthiest year yet!

Join the Living Plate team for an interactive lunchtime nutrition education and food sampling.

**TUESDAY,  
JANUARY 9TH**

**12:00 - 1:00 PM**

**LARGE  
CONFERENCE  
ROOM, LOBBY  
100**

**To Register:**

**<http://bit.ly/2jdiext>**

