

St. Paul Greek Orthodox Church
North Royalton OH

Philoptochos Meeting

Tuesday, April 4, 2017

6:30 PM

Program following meeting

Plant-Based Nutrition: What's in it for me?



Presented by Tina
Lekas Cowoski,

VCLE, Certified in Plant-Based
Nutrition by the T. Colin Campbell
Center for Nutrition Studies

**Learn about incorporating more of a
plant-based diet into your lifestyle.
There will be a cooking
demonstration with a chance to
sample great food and take home
recipes!**