

# A PLANT-CENTRIC LIFE



There's never been a better time to consider adopting a life that's plant-centric. With so many compelling reasons to make this shift, certified whole health coach Gayle Rose shares experience from 25 years of vegetarian living. From practical tips, whys and how-to's, this hour will leave you feeling not just informed but inspired.

**DATE:**  
**Tuesday, April 7**  
**2020**

**TIME:**  
**6:30-7:30 p.m.**

This is part of a quarterly class on topics related to health and wellness.

Sponsored by:

Maplewood Public Library  
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