



BOOST YOUR HEART HEALTH WITH PLANTS!

FREE!
Group learning
+ cooking
demo

Concerned about your health? Join our in-person 3-part nutrition and cooking class series* to learn about how whole food, plant-based nutrition can improve arterial health, lower high blood pressure, and support your cardiovascular health!

LOCATION

Jersey City Free Public Library
472 Jersey Ave, Jersey City, NJ 07302
Meet in the multipurpose room.

CLASS SCHEDULE

Thursday, August 22 at 5:00 - 7:30 PM
5:00-5:30 PM Talk with Shrenik Shah, M.D.
5:30-7:30 PM Nutrition & Cooking Class
Saturday, August 24 at 2:30 - 4:30 PM
Monday, August 26 at 5:30 - 7:30 PM



Register by Wednesday, August 21 at
shorturl.at/YC13L or scan the QR code.

PRESENTED BY:



worldveganvision.org



ppmny.org

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healthierjc.com

*This class series is based on the Physicians Committee for Responsible Medicine's Food for Life program.