



## HELP YOUR FAMILY LOVE PLANT BASED FOODS!

**Wednesday June 13th 6-8pm Free Admission!**  
**GRCC-151 Fountain St. ATC Room 124**

Join us as we hear from Timaree and her family  
about how they incorporated plant based into  
their family life!

Food Demo and Tasting:  
Healthy Chocolate Sauce and Fruit

Brought to you by:

Plant Powered for Health-Your Local Plant Based Nutrition  
Support Group

email: [plantpoweredforhealth@gmail.com](mailto:plantpoweredforhealth@gmail.com)

Website: [PlantPoweredforHealth.com](http://PlantPoweredforHealth.com)



Grand Rapids Community College  
ATC Room 124 \* 151 Fountain St.