

Wellness Institute Cooking Demo

What's With the Veggies??

- An onion a day...
- Broccoli for calcium...
- Asparagus as a diuretic
- Tomatoes as antioxidants
- Bok Choi for digestion
- Carrots for fiber, and ...



Strict vegetarians shun many other foods, remain healthy and feel great, as well as keeping their weight down.

Health experts agree one vegetarian meal a week helps keep you healthy and fit.

- **Try Some Tasty Vegetables**
- **Learn Ways to Create Veggie Snacks**
- **Pick up Proven Recipes & Tips**

Free to participants.

This program is for participants at work sites, senior centers, and other facilities. There is no cost to participants. Cost of services is paid by the site sponsor, whether employer or organization. This is a turn key program offered throughout the year as scheduled for each site.

For more information, or to schedule these services, contact Mary Ann Harnett at mharnett@wellnessinstitute.com, or call 845-638-4574, out of area 800-609-2198.