

The Family & Community Health Sciences Department of Rutgers Cooperative Extension presents this program of the Live Well & Stay Healthy Wellness Series. **PART 2** **OCT. 5, 2021**
at 3:00 PM

Bringing Vegetables to the Table: A celebration of Harvest



Growing up, your Mom said ‘eat your vegetables’ and current research proves she was correct!

This session will focus on the history and health benefits of vegetables that are a very important part of a healthy diet.

NEW FORMAT:

Rather than the original format, these will be webinars which offer more convenience and extras.

You can register just once to attend any or all of the programs!

Email reminders will be sent one day before each webinar making it even more convenient.

PLEASE JOIN US ON THE FIRST TUESDAY OF EACH MONTH AT 3PM.

Register at <https://go.rutgers.edu/pppt7yt1>.

Participants will receive a link to the recorded presentations and other resources!

