



Greens Week

focusing on the benefits of a plant based diet

Monday, April 4th through Friday, April 8th

Featuring Jane Esselstyn
Cookbook Author, Researcher, Health Educator

“Benefits of A Plant Based Diet, Dispelling Common Myths Of Plant Based Eating”
Wednesday, April 6th ~ 4:30 pm ~ 28 Silsby ~ with post presentation snacks from Collis Cafe

Recipe Sampling & Cook Book Raffle
Thursday, April 7th ~ 11 am to 2 pm ~ Paganucci Lounge in 1953 Commons

Meet Jane Esselstyn at *the Herbivore* in 1953 Commons
Thursday, April 7th ~ Dinner

Look For Select Recipes from Jane Esselstyn All Week During Lunch and Dinner
Monday, April 4th through Friday April 8th at 1953 Commons



Jane Esselstyn’s approach to food is simple.
Take control of your health.
Follow a plant-based diet and feel amazing.