



Clarian West Integrative Care Center

Focus for March 19th- Vegetarian Meals

Whether you are considering eschewing meat entirely from your diet, simply interested in mixing in some meatless meals, or just want some good healthy dishes to have with your steak, this will be a great class. We'll discuss the choices within the vegetarian domain as well as the benefits and nutritional pitfalls to avoid if you want to make vegetarianism a way of life. Many families find themselves living with a teen who decides to be a vegetarian; there's more to consider than leaving the meat serving off their plate. Come learn how to best accommodate these choices while maintaining a nutritionally sound diet. As always, you'll leave with enough reading material and resources to make you knowledgeable and you'll meet others and learn from their experience and questions. There will be plenty of time for questions with Jodi and Dr. Sobat.

Class will be held in the Integrative Care Classroom at Clarian West,
Room B1500

Time: 6:30pm - 8:00pm

Cost: \$15 Individuals
\$25 Families
\$10 Clarian Employees/Patients

Call **217-3675** to register using your credit card.
Seating is limited, so reserve your spot today!