

HP Living Well at Home/ MMHG Wellness FREE Webinar

Whole Foods Plant-Based Eating



Wednesday, June 19th

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!

Practice incorporating whole foods into your everyday eating style. We will discuss the health benefits, different types of plant-based eating and ways to meet your nutritional needs.

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 6/19 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all.

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