

# WHOLE HEALTH: Moving Toward a Plant-Centric Diet

**DATE:**  
Tuesday, April 17,  
2018

**TIME:**  
6:30-7:30 p.m.

This is part of a  
quarterly class on  
topics related to  
health and wellness.

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**Sponsored by:**

**Maplewood Public  
Library**  
7550 Lohmeyer  
Maplewood, Mo. 63143  
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Learn how to move to a healthier, plant-centric diet and take control of your health for life. More people are adopting plant-focused diets as current research tells us that red meat increases our risks of death from eight major diseases. Whether you want to make changes for your own health, the health of our planet or the well-being of animals, you'll be inspired and informed about how to more easily migrate to a plant-focused way of eating.

Lead by Gayle Rose, Chief Change Officer of *WhyPowered* Whole Health Coaching. Gayle is a Certified Whole Health Coach, Weight Management Specialist, and Personal Fitness Trainer with more than two decades of experience enjoying a plant-centered diet.

