



# A Day of Plant-Based Nutrition

Charlene Correia - Certified Plant-Based Lifestyle Health Coach

Friday, November 15th • 2 - 3pm

Come learn how to differentiate whole plant foods from processed foods from certified plant-based lifestyle health coach, Charlene Correia. Optimize your health by combining different food categories to make healthy and nutritious meals.



Visit  
[sandiegooasis.org](http://sandiegooasis.org)  
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