

MCPS Well Aware presents

The Vegetarian Way

Adopting a vegetarian diet presents a variety of advantages, both for individual health and the environment. However, it is essential to carefully consider your dietary selections to guarantee that you obtain all the essential nutrients needed for optimal health. This cooking demonstration is designed to inform you about the principles of preparing a vegetarian meal that not only delights your palate but also delivers the comprehensive nutrition necessary for your body to flourish.



- **WEDNESDAY,**
MAY 28, 2025
4:30–5:30 p.m. Cooking
Demonstration/Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

