

THE POWER OF YOUR PLATE



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PLEASE JOIN US! We are so honored to have Jennifer Turner, Registered Dietician and Nutritionist from Glasgow, Kentucky come to Hopkinsville to educate and inspire us as she shares with us the importance of good nutrition and the positive effect it has to maintain good health and prevent disease.

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The power of your plate a plan for better living by Neal D. Barnard. Published 1990 by Book Pub. Co. in Summertown, Tenn. Written in English.

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The Power of Your Plate Eating Well for Better Health

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