

**The Friends of the James Brown African American Room Present:**

# **A PANEL DISCUSSION ON PLANT BASED LIVING**

Panel: Dr. William Flowers, Rose Ann Scott (Hip Hop is Green NJ), Rashena Borroughs (Zucchini Bar/Blueberry Cafe), Charolette Munnerlyn, and Chef Nikko with Sandra Holmes as moderator

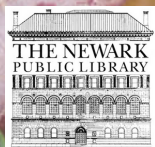
**TOPICS WILL INCLUDE: BALANCING ALKALINE VS. ACIDIC BASE IN THE BODY  
DIGESTIVE ISSUES/ FOOD COMBINATIONS / WATER QUALITY/CONSUMPTION  
MEDITATION / EXERCISES / BREAST CANCER AS IT EFFECTS  
THE AFRICAN AMERICAN COMMUNITY**

**Saturday | November 10th, 2018  
1pm – 4pm**

**Main Library/ James Brown African American Room  
The Newark Public Library  
5 Washington Street, Newark, NJ 07102**

**FREE and open to the public!  
Plant-based vegan food will be served!**

**THIS EVENT IS IN PARTNERSHIP WITH HIP HOP IS GREEN NJ**



For questions and information please contact: [jbaarfriends@npl.org](mailto:jbaarfriends@npl.org) // 973-733-5411