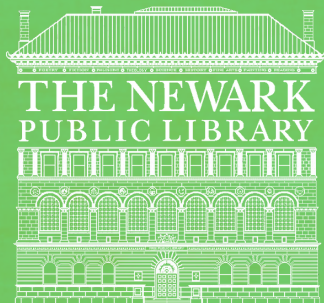


THE NEWARK PUBLIC LIBRARY
SPRINGFIELD BRANCH PRESENTS

THE FOUR PILLARS OF HEALTHY EATING

WEDNESDAY, FEBRUARY 20, 2019 | 2 PM

The Four Pillars Foundation gives you the ability to make significant health changes with an emphasis on whole foods, plant-strong, healthy fats and nutrient density.



50 Hayes Street
Newark, NJ 07103
973.733.7736
www.npl.org

