

FOR IMMEDIATE RELEASE

Contact: Maxine Days 336.883.3646

LIBRARY HOSTS PLANT-BASED SERIES

HIGH POINT, N.C. (Feb. 5, 2021) – High Point Public Library will host a virtual plant-based series discussing plant-based nutrition, food groups, USDA dietary guidelines, animal products' relation to diabetes and cancer and recipe demonstrations at 7 p.m. on Feb. 9, Feb. 23, March 9, March 23, April 13 and April 27.

This program is provided by Dr. Michelle Matthews, a board-certified internal medicine physician. Dr. Matthews has more than 20 years of experience caring for patients in a variety of settings. Her goal is to educate her community on ways to improve all health markers and ensure a healthier lifestyle.

To sign up, contact Maxine Days for access to the zoom link 336.883.3646 or maxine.days@highpointnc.gov.

The High Point Public Library is a department of the City of High Point and is located at 901 North Main Street. High Point Public Library is committed to nurturing the joy of reading, sharing the power of knowledge, strengthening the sense of community and enhancing economic and cultural vitality.

The City of High Point aims to serve as the catalyst for bringing together the community's human, economic and civic resources for the purpose of creating the single most livable, safe and prosperous community in America. For more information on the City, visit www.highpointnc.gov.

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