



Canton Public Library

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### **LEARN ABOUT A VEGAN DIET**

CANTON, MI— The many health benefits of the vegan diet will be the subject of a program held October 20 at 7 p.m. at the Canton Public Library. Gaia Kile, a Family Nurse Practitioner working with natural and holistic approaches to health and disease, is the featured speaker. His talk will address the science behind some of the benefits and key factors for success through vegan nutrition. October is Vegetarian Awareness month.

To register for this free program, visit [www.cantonpl.org](http://www.cantonpl.org) or call 734-397-0999.