

LEAF/CHIP ALUMNI MEETINGS FOR 2019

January 22	“The Skinny on Fats”	Sylvia Oster
February 26	“Mind Your Mind—An Introduction to Meditation”	Devaki Lammet
March 26	“Protein Myths”	Sylvia Middaugh
April 23	“Legumes and Grains, Indian Style”	Jayshree Shah
May 28	Movie Night	Ruth and Karen
June 25	“The Importance of Sleep and Healthy Eating”	Sylvia Middaugh
July 14	Picnic	Sylvia Oster
August 27	“An Introduction to Ayurveda –Wisdom of Life”	Devaki Lammet
September 24	“Organic vs. Non-Organic Foods”	Miren Beristain
October 22	“How to Spice Up Your Food”	Jayshree Shah
November 26	“Uses of Aqua Faba”	Debbie Stevens
December 10	Christmas Dinner	Ruth Pleus

6:30-8:30 ***Union Hospital East – Conference Room- next to the Gift Shop***