

Eating as a vegetarian

“Eating Well the Vegetarian Way” is the subject of a talk on April 27 at 6:30pm at the El Dorado County Library in South Lake Tahoe by Lynn Norton, a registered dietician with 25 years under her belt.

Norton will discuss various vegetarian diets, as well as their health benefits and potential risks. The program, which is sponsored by the Friends of the Library, is free. Refreshments will be served. Call (530) 573.3185 for additional information.