

PLOT TO PLATE: PRESERVING THE HARVEST

Enjoy fresh local foods out-of-season by learning how to can, dry, and freeze surplus produce.

Join Heather Wolfe*
Wednesday, August 13
12:00 - 12:30pm via Webex

Register by visiting the Dartmouth Health events or scan the QR code below
[Employee Wellness Events | Dartmouth Health Events](#)



*The Lifestyle Improvement Program's
Nationally Board-Certified Health & Wellness Coach and Vermont Master Composter

Questions?
Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950

