

# IROQUOIS



## ADULT PROGRAM: THE 100-MILE DIET – THE BASICS



**Monday, Apr. 24 | 6:00 –  
7:15pm**  
**Iroquois Community Room**  
**Registration required.**

The 100-mile diet challenge is a great way to learn about our local farming community, get healthier, and choose a sustainable way of eating.

Learn how to get started, where to look for local products, and how to make the challenge fun for everyone in your household during this workshop.

This event is sponsored by the Friends of the Erie County Library.



4212 Iroquois Ave. | Erie, PA 16511 | (814) 451-7082 | [ErieLibrary.org](http://ErieLibrary.org)