

FIBER: Feeding your Microbiome

Dr. Tim Howe will be informing us on the role of fiber in our health at the September 25, 2018 program of

SIMPLE ABUNDANCE

Tuesday evening 6:30-8:00pm

Topsham SDA Church

214 Topsham Fair Mall Road

Topsham, ME 04086



A food demonstration of delicious salads and unique and healthy salad dressings will be taught and sampled prior to the lecture.