



Come learn about

# The Power of Pulses

Pulses are the dry edible seed within the pod of various legumes—think lentils, chickpeas, and beans such as black, navy and pinto. Pulses are nutritious, versatile, affordable, sustainable, and delicious.

**Tuesday, July 29**

12:05–12:55 p.m.

3131 Sindecuse Health Center

Presented by Gretchen Kauth,  
Registered Dietitian

**Be Positive. Be Healthy.  
Be Active. Be You.**

Register on ExperienceWMU  
by Monday, July 28



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