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# 10- Day Plant Based Challenge

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January 13th- 23rd

Register by January 10th

email: [hwellness@tompkins-co.org](mailto:hwellness@tompkins-co.org)

On this 10 day challenge you will be emailed once per day, recipes and information about a plant based diet. Try a temporary change in your diet for the new year! Turn in your food log after the challenge to **win a \$100 Wegmans gift card.**