

8THth ANNUAL MEATOUT LUNCH & PROGRAM

"Go Vegan: Good for You, Good for the Earth!"

Dr. John Mc Dougall - Board Certified Internist, author of 11 best selling books and host of nationally syndicated TV Show "McDougall M.D." Director of the McDougall Program in Santa Rosa. His latest book is "The Starch Solution for Optimum Health".

<http://www.drmcDougall.com/>



Keith McHenry - Artist, writer and co-founder of Food Not Bombs, making vegan meals for the hungry for over 30 years. His latest book is: "Hungry for Peace – How you can help end poverty and war with Food Not Bombs"

<http://www.foodnotbombs.net/>

Sunday, March 24, 2013 • 12:00–3:30 pm

UNITARIAN UNIVERSALIST CENTER

1187 Franklin Street/corner Geary Blvd., San Francisco

12:15 Register ~ 12:30 DELICIOUS VEGAN LUNCH

By Chef Barry Horton of the Local Love Catering

1:30 – 3:00 FEATURED SPEAKERS & EXCITING RAFFLE!

VEGAN LUNCH ~ SUGGESTED DONATION \$10.00

Students and Seniors ~ Sliding Scale ~ Wheelchair Accessible

RSVP (RECOMMEND): UUanimalministry@gmail.com or call SF Veg Soc 415-273-5481

**Sponsored by Unitarian Universalist Animal Ministry, the Green Committee
and the San Francisco Vegetarian Society: www.sfvs.org**