

Vegan Women: Life-Changing Stories

WHERE: Barnes & Noble
Valley River Center
1163 Valley River Dr
Eugene, OR

WHEN: Saturday, 2/22/20, 1:00 pm

WHAT: Rebecca Frith's new book, *Legends of Change: The Unstoppable Rise of Veganism*, is the ultimate compilation of 85+ first-hand stories and life-changing tips from women who have transitioned into a vegan lifestyle of plant-based eating.

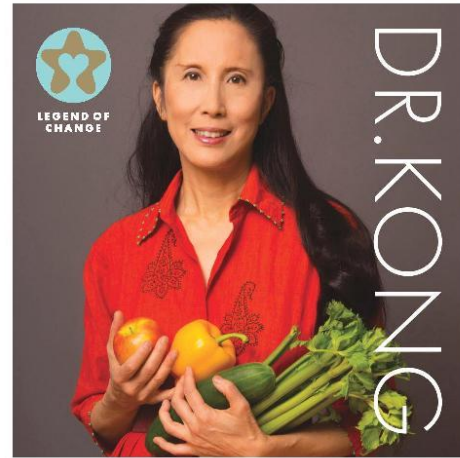
WHO: Dr. Joanne Kong, a University of Oregon graduate profiled in the book, will sign copies and read excerpts from these powerful stories.

LEGENDS OF CHANGE

JOANNE KONG

AUTHOR EVENT
SAT, FEB 22, 2020, 1:00 PM

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INSPIRING TRUE STORIES FROM VEGAN WOMEN IMPACTING THE WORLD...

True stories from real women including *Ingrid Newkirk* (PETA President), *Heather Mills* (Philanthropist), *Dotsie Bausch* (Olympic Medalist), *Fiona Oakes* (Multiple World Record Holder), *Dr. Angie Sadeghi, M.D*, *Dr. Ruth Heidrich PhD* and many many more inspiring women on the front line of the vegan and plant based revolution.

This incredibly inspiring collection of real stories highlights the **positive impact that veganism and a plant based lifestyle** are having on humans, animal welfare, and the environment on a global scale.

Event sponsored by the Eugene Veg Education Network (EVEN)
www.eugeneveg.org