



## ~ Enhancing Health with Plant-Based Nutrition

**Friday, September 20, 2013**  
**8:30 am to 5 pm**

Location: Ambridge Event Center  
1333 NE Martin Luther King Boulevard  
Portland, Oregon 97232

Fascinating Professional Presentations  
for Health Care Providers and Others!  
**Continuing Education Credits**

**>> [More info here!](#)**



## ~ Portland VegFest 2013

Oregon's largest plant-based food event!

**Saturday & Sunday**  
**September 21 & 22**  
**10am-6pm**

**Oregon Convention Center**

**Exhibit Hall A**

777 NE MLK, Jr. Blvd., Portland

Parking information [here](#)

**\$8 admission/day**

**Kids 12 and under free**

***Special! Just \$5 for seniors 62+ and students with valid ID!*** (One per person, cannot be combined with any other offer/coupon.)

**>> More info here!**



## ~ Will Tuttle Lecture - Time to Wake Up - October 2

A #1 Amazon best-seller, *The World Peace Diet*, by **Will Tuttle**, has been called one of the most important books of the 21st century: the foundation of a more conscious society based on the truth of the interconnectedness of all life.

It is the first book to make explicit the invisible connections between our meals and our broad range of problems---psychological, social, and spiritual, as well as health and environmental.

It offers powerful ways we can all experience healing and contribute to a positive transformation of human consciousness.

**Time to Wake Up** is a lecture-presentation by **Will Tuttle, PhD**, on **The World Peace Diet**

**Wednesday, 10/2/13, 7pm,**

**McNail-Riley House**

**601 W. 13th Av. (at Jefferson)**

**Eugene (park free in fairgrounds across the street)**

**Free!**

**>> [More info here!](#)**



## ~ Forks Over Knives

What has happened to us?

Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure.

Two out of every three of us are **overweight**. Cases of **diabetes** are exploding, especially amongst our younger population. About half of us are taking at least one prescription **drug**. Major medical **operations** have become routine, helping to drive **health care costs** to astronomical levels. **Heart disease, cancer** and **stroke** are the country's three leading causes of death, even though billions are spent each year to "battle" these very conditions. Millions suffer from a host of **other degenerative diseases**.

Could it be there's a single solution to all of these problems? A solution so comprehensive, but so utterly straightforward, that it's mind-boggling that more of us haven't taken it seriously?

Don't miss your chance to view this illuminating documentary!

**Bijou Theater**  
**Thursday, October 3**  
**5 p.m. and 7:30 p.m.**

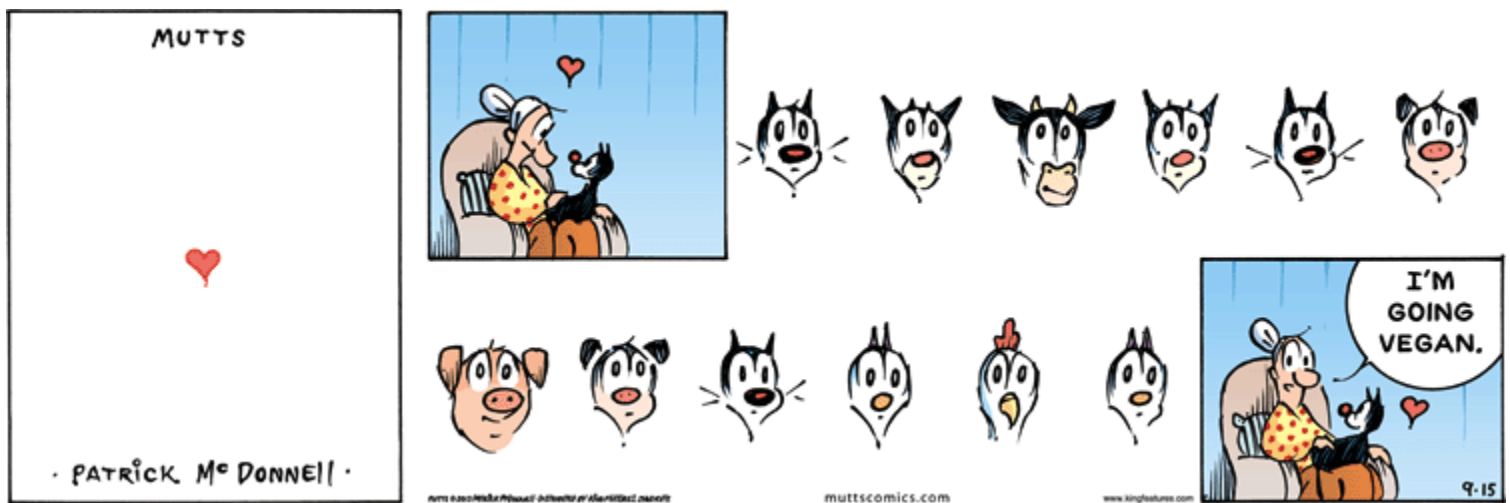
Thank you, **Dr. McDougall** for your presentation following the 5:00 pm showing and for your support of EVEN in this effort!

Thank you, **Dr. Gutierrez** for your presentation following the 7:30 pm showing and for your support of EVEN in this effort!

And a special thank you to **Vicki Anderson** at **Encircle Films** for making this happen!!

**>> More info here!**

September 15, 2013 Mutts comic by Patrick McDonnell



**Patrick McDonnell**, is creator of the **Mutts** comic strip that is featured in over 700 newspapers. His "Shelter Stories" strips have convinced many people to adopt animals instead of buying them. Other strips gently bring tougher topics like factory farming, fur, and seal hunting to his readers.... Above all, he says, the most important message he tries to convey through Mutts is "have empathy and be kind". And now *this!* YAY!!

Thank you, Patrick!

**###**

[www.eugeneveg.org](http://www.eugeneveg.org)

**Eugene Veg Education Network**

**---EVEN - serving as a vegan resource since 2005---**

See hundreds of valuable, vegan morsels at **EVEN's News Blog**. Check back often.

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members---** as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**

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