

5 Universal Principles of Veganism

Attend this fascinating and informative **free** lecture to learn how a whole-food, plant-based lifestyle can help you avoid premature aging, prevent and reverse chronic diseases, and promote abiding joy and happiness.

Compelling! Scientific principles! Easy to understand! Put wisdom into practice! Reap benefits to transform your life!

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**Saturday, July 7, 2018,
2:00 PM**

Eugene Faith Center
1410 W. 13th Av., Eugene
enter from 14th Avenue side

• Free Admission •

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Sponsored by Eugene Veg Education Network (EVEN)
www.eugeneveg.org
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Dr. Orestes Gutierrez

- President, Osteopathic Physicians and Surgeons of Oregon
- Regional Assistant Dean, Pacific Northwest University
- Clinical Assistant Professor of Family Medicine, Western University and Pacific NW University of Health Sciences
- Author of *3 Steps to Superior Health and LOVES The Answer*
- 20 year vegan
- Served in US Navy as Lieutenant Commander
- Completed training at Mayo Clinic
- Distinguished Scholar Award from Florida Academy of Family Physicians



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