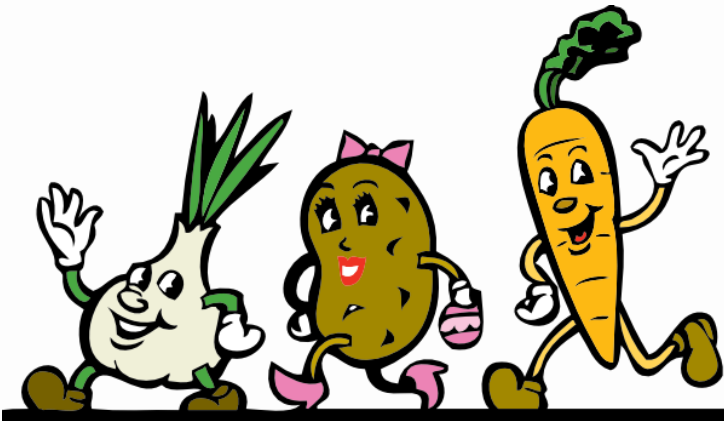


8/10/16



Hello, everyone!

You asked for it, and here it is!

This is the 3rd in a series of EVEN's three summer lectures designed to educate, update and elevate.

- Do you know what protein is? What it does? How to get it?
- Do you know what kind of protein is best?
- Do you know that while some worry about not getting *enough* protein, many are suffering the consequences of getting *too much* protein?
- Do you know what “enough” IS and what IS “too much”?
- Are you able to wade through all the misinformation that abounds to get to the heart of the protein issue?
- Do you know what makes the SAD (Standard American Diet) sad?



Well, my friends, mark your calendars for

Saturday, 8/20/16, 2pm

and join us at the

Eugene downtown library!

100 W. 10th Av

Eugene OR

[Parking is **free** on Saturdays in the library's basement garage - Enter from Charnelton Street.]

Dr. Janice Stanger's lecture is an exciting and interesting presentation where you will learn the answers to these questions as well as **hear the surprising findings of the latest scientific studies.**



Prepare to be informed, pleased and amazed all in one afternoon.

And thanks to EVEN's supporters and donors, this lecture is **free** for you.

We hope to see you there. 😊
(Flyer below.)



DR. JANICE STANGER



Saturday, August 20

2:00 | FREE

Downtown Eugene Public Library

A talk about healthy, plant-based eating with special attention to the role of protein. What's the right amount? The right kinds?

Janice Stanger, Ph.D. is the author of *The Perfect Formula Diet*, and has worked in the health care and wellness fields for many years. Her talk is presented in partnership with Eugene Veg Education Network (EVEN).



**GET IN THE
GAME**
SUMMER READING 2016

  541-682-5450 | www.eugene-or.gov/library

Sponsored by Eugene Public Library, Friends of Eugene Public Library, & Eugene Public Library Foundation.



Eugene Veg Education Network (EVEN)

www.eugeneveg.org

Eugene Veg Education Network

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

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit 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 information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**