



VegFest is less than one week away! Delight in delectable free food samples, engaging speakers and chef demos, 100 veg-savvy exhibitors, and the fun family area at the Oregon Convention Center from 10am-6pm. VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles, and this year's event features an amazing array of options!

Please help us spread the word! Post on your wall, tweet, or blog about VegFest. And be sure to invite your friends!

VegFest will feature celebrity chef Tal Ronnen, top-notch doctors and dietitians including Michael Klaper, Brenda Davis, and Michael Greger. And fascinating presentations by:

Christopher Weber - **Climate Change and Food Choice** (Sunday, 3pm)

The foods we choose to eat can have huge impacts on the environment and our climate. Tropical deforestation, use of pesticides, contamination of groundwater, fossil fuel use, desert expansion - all are related to the foods we grow. If we want to reduce our environmental impact, what choices should we make in the foods we eat?

Gordon Saxe, MD - **The Role of Diet in Cancers of the Breast and Prostate** (Saturday, 3pm and Sunday, 12pm)

Have a friend or family member at risk for breast or prostate cancer? Plant-based diets may have an important role to play in the prevention and treatment of breast and prostate cancer. Find out more about the latest clinical research and what you and your loved ones can do to help protect against these two common diseases.

Robert Cheeke - **Eating Green for Athletic Performance** (Sunday, 10:30am)

Robert is the author of *Vegan Bodybuilding and Fitness - The Complete Guide to Building Your Body on a Plant-Based Diet*. He now travels the country inspiring people with his story and with his tips for thriving on a plant-based diet.

Check out our complete line-up of speakers, chef demos, and exhibitors at [PortlandVegFest.org](http://PortlandVegFest.org)

See you at the 'fest!