

9/9/15

SPECIAL UPDATE

Physicians Committee for Responsible Medicine



Dear Ms. Silvan,

We are delighted to extend an invitation to join an event usually reserved for Food for Life Society monthly donors. Wellness expert Kathy Freston will be our special guest on our September Food for Life Society call. Kathy, author of several books, including *The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss*, is a longtime friend and supporter of the Physicians Committee and a celebrity mentor in our 21-Day Vegan Kickstart program.

The call will start off with Physicians Committee president Neal Barnard, M.D., interviewing Kathy, and will be followed by a segment where both will take your questions.



Whether your personal goal is losing weight or maximizing wellness, this promises to be a fun and informative call that you won't want to miss!

When: **Wednesday, Sept. 9, 8 p.m. ET**

 [Add to calendar »](#)

Call in information: 888-461-2024 (toll-free in the United States and Canada)
Access code: 7816737

Invitations to quarterly calls like this with PCRM's nutrition staff and special guests are one of the benefits of supporting our lifesaving work as a Food for Life Society members. Find out more about the [benefits of the Food for Life Society and how to join by making monthly gifts via credit card, debit card, or automatic bank withdrawals](#).

I'm looking forward to joining you on the call today.

Best,



Jill Eckart, C.H.C.
Physicians Committee Nutrition Programs Manager

Eugene Veg Education Network (EVEN)

www.eugeneveg.org

Eugene Veg Education Network

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

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 pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace**. If you would like to opt out of EVEN's free email list, just reply to this email, include "Unsubscribe" in the subject line, and click Send.