Hope to see you there!

**Upcoming EVENT!**

Dr. John McDougall  
(educational presentation via SKYPE)

*Is Your Food Poisoning You?*

**Thursday, 5/5/16, 6 pm**

Unitarian Universalist Church  
1685 W. 13th Av, Eugene

Free

"...When I suggest that returning to a historically validated diet rich in starch and vegetables, low in fat, and without meat, fish, or dairy is simple, I don't mean to suggest that it's an easy change to make. For most people, this change is a big deal.

The good news is that with big changes come big results. Experience tells me that you will come to love it, and surprisingly quickly. I also know that you will be relieved to eat as much as you wish, be completely satisfied afterward, and lose excess weight as you improve your health more than you ever could from any pill or surgery prescribed by your well-meaning doctors." - Dr. John McDougall
Lin Silvan
Founder and Executive Director
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 information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org

**Peace.**