



Spring Awakening 2010

Sunday, March 7, 2010

3:00 to 6:00 pm

Vegan Chili and Cake Contests, Exhibitors, Vendors, and

A Special Presentation:

What is the China Nutrition Study? Living a Healthy Lifestyle.

- *How we can all lower our Health Insurance costs together* •
- *How we can all ensure that the goodness of God's Earth will sustain for all generations* •

Presented by Brett Luster, member of the Christian Vegetarian Association of St. Louis

Vegan Chili Contest

3 prizes to be won: First Place, Runner-Up, and Judges' Award

Vegan Cake Contest

**3 prizes to be won: First Place, Runner-Up,
and Cake with the Best Theme Related to the Event**

Contest Rules:

Professionals are not eligible for prizes.

Must be homemade, please, to give everyone a fair chance of winning.

Only one prize can be won by one person in one category.

It would be appreciated if recipes were available for those interested.

Contestants must register before March 3, 2010 to be eligible.

West County Seventh-day Adventist Church

Fellowship Hall

16601 Wild Horse Creek Road, Chesterfield, MO
(Corner of Baxter & Wild Horse Creek Roads)



Door Prizes • Refreshments

Cost:

- Participating in the Vegan Chili and/or Vegan Cake Contest – FREE
- Volunteering to help at the event – FREE
- Neither of the above: \$3 if you RSVP before March 3, 2010, or \$6 at the door.

Vendors/Exhibitors, Sponsor requests, Donations

Please call Joe at 314-616-7375 or E-mail cvastlouis@christianveg.org

www.christianveg.org



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