



EarthSave Veg Dinner Series

will host a potluck dinner and the lecture...

Creating Our Dreams by Margaret McCraw Ph.D.

Saturday, Sept 9th, 6 pm: Psychotherapist **Margaret McCraw** will explain how to harness our energy and create a vibration aligned with all of our desires. The process of vibrational matching, outlined in her book, *Tune into Love, Attract Romance through the Power of Vibrational Matching*, can be used to create prosperity of any kind, including perfect health. Margaret defines the process as "the deliberate intention to attract our desires by aligning and focusing our thoughts, emotions, and beliefs with what we want." Margaret is a licensed psychotherapist, and is an executive and life coach who helps people to create their dreams.

Dinner Guests are asked to bring a dish made without animal products to serve at least five times the number in their party, along with a donation of \$5. Or you may attend without bringing a dish for a \$12 fee (please give 2 days notice if paying for dinner). Monthly meetings are held at, the Learning Center/Yoga Studio of **Your Prescription for Health**, at 10210 S. Dolfield Rd. in Owings Mills.

EarthSave Baltimore is a volunteer operated 501-C3 nonprofit that educates people about the powerful impact our food choices have on the environment, our health, and all life on Earth. We promote a shift toward a whole foods plant-centered diet. For information on other Earthsave activities, please email BALTIMORE@EARTHSAVE.ORG. And please subscribe to our free monthly email newsletter.

Other Events: Veg Meetup Discussion Group meets on the fourth Wednesday of each month at 7 pm at the **Yabba Pot** restaurant, at 771 Washington Blvd. The **Vegan Meetup Discussion Group** meets on the first Saturday at noon at Kathmandu Kitchen, 22 W. Allegheny Ave. in Towson. Call 410-252-3043 for more info. Please join us!

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