



EarthSave Veg Dinner Series

will host a potluck dinner and the lecture...

Digesting Your Food Rules

Opening Mind & Heart for your Perfect Diet

Saturday, Oct 14th, 6-9 pm: Have you found the perfect diet, but it just doesn't sit well in your stomach? Or do you have food rules that your body rebels against? Join certified **Holistic Health Counselor Lucas Seipp-Williams** for an engaging talk on why so many of us are eating all the right foods but still suffer from low energy and poor health. In his talk, Lucas will explain how to digest your food *and* your food rules through what he calls "intuitive digestion!"

Saturday, Nov 11th, 6-9 pm: Internationally acclaimed animal protection advocate **Bruce Friedrich** will speak on **A Case for Veganism**. Friedrich spearheaded PETA's negotiations with McDonalds that led to landmark reforms in the treatment of farmed animals.

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.

Restaurant Events: Veg Discussion Group meets on the fourth Wednesday of each month at 7 pm at the **Yabba Pot** restaurant, at 771 Washington Blvd. The **Vegan 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. You're welcome to join us!

EarthSave Baltimore is a volunteer operated nonprofit that helps people make healthier, compassionate, earth-friendly food choices. We promote a shift toward a whole foods plant-centered diet. Please write Baltimore@earthsave.org & subscribe to our free monthly e-news.

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www.EARTHSAVE.ORG



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