If you could do <u>ONE thing</u> to help stop GLOBAL WARMING, to improve YOUR HEALTH, and to reduce ANIMAL SUFFERING, would you?

Please join us to learn about the benefits of a plant-based diet. Yes, changes in your diet can change you and your world!

In recognition of the annual Great American Meatout sponsored by FARM (Farm Animal Reform Movement), we will have an evening of life-changing talks and delicious vegan goodies!

Thursday, March 22, 2007

7:30-9:30 pm

Church of St. Paul and St. Andrews 86th and West End Avenue (please enter on the NE corner of WEA). Steps from the 86th Street exit on the 1 line.

Free Admission!

Speakers:

Dorothy Hayes – Author of "Animal Instinct." Former journalist, and staff writer and public relations director of a national animal rights organization.

Sangamithra Iyer – Assistant Editor of Satya Magazine, which is dedicated to animal advocacy, environmentalism, social justice and vegetarianism.

Cathy Conway – RD, CDN. Past chair of Vegetarian Nutrition Dietetic Practice of the American Dietetic Assoc. Advisory Bd member of Vegetarian Resource Group.

FARM is a 501(c)(3) non-profit organization that specializes in advocating for a plant-based (vegan) diet. FARM has been sponsoring the Great American Meatout since 1985. if you have any questions, please contact bartonalewin@yahoo.com