

A Journey into Veganism



with Paul Krause & Susan Kline
of VegMichigan

Saturday, March 24
2 PM to 4 PM

\$10.00 per person

Join Paul Krause, Vice President of VegMichigan who will talk about the advantages of a plant based life style as it relates to health, environment and ethical issues. He will also explain the difference between being a vegan and vegetarian.

The talk will be followed by a cooking demonstration by Susan Kline, a VegMichigan board member who has recently published the vegan cookbook "From the Earth with Love", a compilation of delicious and time honored recipes for the ultimate in vegan food comfort.

We invite you to come and join this fun and informative class. You will sample food prepared just for you and receive free literature and recipes to help you start or keep your journey.

VegMichigan is the largest non-profit vegan/vegetarian organization in Michigan. Why go veg? It's healthier, it's greener and it's humane.

The \$10 cost per person is to cover the cost of food.

VegMichigan and Santosha Yoga are donating their time, knowledge and space.

www.vegmichigan.org

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