

PORTLAND VEGFEST

**Saturday, 9/19/09,
10 AM to 8 PM**

Oregon Convention Center

777 NE MLK, Jr. Blvd. Portland, OR 97232

- ~ free food samples,
- ~ great speakers,
- ~ cooking demos,
- ~ live music,
- ~ restaurants,
- ~ family activities,
- ~ vendors,
- ~ and more!

!! Watch this [KATU TV ad](#)

Read [Event flyer](#)

Tell all your friends about Portland VegFest '09 !!

Here are just some of the highlights you will find at Portland VegFest this Saturday, 9/19:

- Lots of **free** food samples!
- Over **100** vendors, restaurants, and non-profit groups.
- Keynote address by **Dr. John McDougall**, physician and nutrition expert, author of 6 best-selling books (12:30 pm and 5 pm).
- Nutrition presentation by **Vesanto Melina, R.D.**, author of *The Raw Food Revolution Diet*, *Becoming Vegan*, and *The New Becoming Vegetarian* (11 am).
- **Rip Esselstyn, Vegan Firefighter**, former professional triathlete, and author of the best-seller *The Engine 2 Diet* (2 pm).
- **Kathy Freston**, author of *Quantum Wellness* and advisor to Oprah's 21-day vegan cleanse (3:30 pm).
- Cooking demos by **Isa Chandra Moskowitz, Julie Hasson, Wesley Gordon Hannah, Gabrielle Chavez, and David Gabbe**.
- Live music all day, headlined by **SweetJuice**.
- 8 Restaurants.
- More speakers and "Ask the Experts."

Don't miss this FAN-tastic event!! For more information, visit the [VegFest website](#)