

VEGAN COOKING FOR DUMMIES

BOOKSIGNING/LECTURE

Thursday, November 18, 2010

Vegan Cooking for Dummies

by

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author of *Living Vegan for
Dummies* and *The Great
American Detox Diet*



WHAT: Free Lecture/Booksigning

WHEN & WHERE: 4 pm – UO Bookstore
895 E. 13th Av, Eugene
7pm – Tsunami Books
2585 Willamette St, Eugene

COST: **FREE!** Open to everyone interested in the benefits of a plant-based diet!

[Click >> here to read more about Alex!](#)

Sponsored by **EVEN (Eugene Veg Education Network)**

The Eugene Veg Education Network (EVEN) is an official 501(c)(3) non-profit based in Eugene serving as a resource for those seeking information on a healthful, vegan lifestyle. **EVEN's** emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. **EVEN's Mission Statement** is to **inform, educate & encourage** our members---as well as the larger community---by providing access to pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**