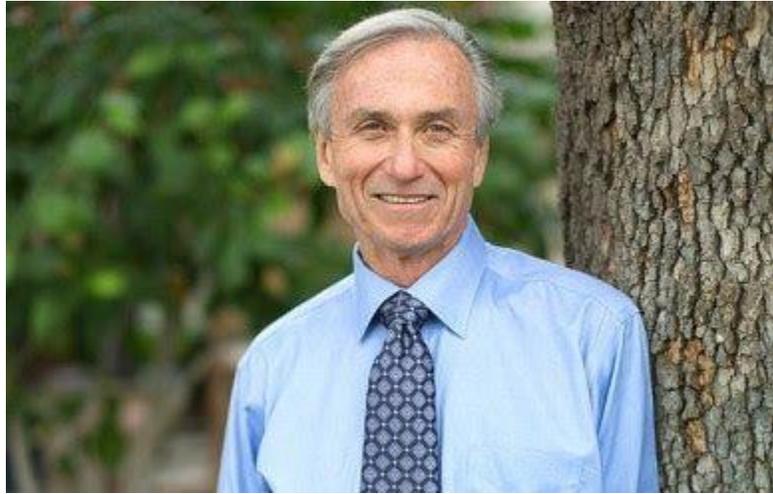


4/26/16

Hope to see you there!

# Upcoming EVENT!



**Dr. John McDougall**  
(educational presentation via **SKYPE**)

*Is Your Food Poisoning You?*

**Thursday, 5/5/16, 6 pm**

**Unitarian Universalist Church**  
**1685 W. 13th Av, Eugene**

**Free**

"...When I suggest that returning to a historically validated diet rich in starch and vegetables, low in fat, and without meat, fish, or dairy is simple, I don't mean to suggest that it's an easy change to make. For most people, this change is a big deal.

The good news is that with big changes come big results. Experience tells me that you will come to love it, and surprisingly quickly. I also know that you will be relieved **to eat as much as you wish, be completely satisfied afterward, and lose excess weight as you improve your health** more than you ever could from any pill or surgery prescribed by your well-meaning doctors." - **Dr. John McDougall**

# The McDougall Trapezoid



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Lin Silvan

Founder and Executive Director

**Eugene Veg Education Network (EVEN)**

[www.eugeneveg.org](http://www.eugeneveg.org)

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit 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 information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org)

**Peace.**