The Sacramento Vegetarian Society's Third Annual

SacTown VegFest 2018

www.sactownvegfest.org

A celebration of vegan/plant-based living

Free Admission!
Children's Area • Free Samples • Exhibitors • Food Vendors • Cooking Demos • Live Music

Sat., Jan. 27 10 AM–4 PM

at Sacramento High School
2315 34th St., Sacramento, CA

SacTown VegFest celebrates plant-based and vegan foods, products, bright ideas, and practices that promote healthful, compassionate, sustainable living.

Presentations by:

10:15 ***MEGAN GALLAGHER***
"Food for Thought Campaign"

11:15 ***TIMAREE HAGENBURGER***
"Brain Health & Nutrition: Use Your Fork to Protect Your Brain"

12:15 ***LIVING-PROOF PANEL***
"How a Whole-Food, Plant-Based Diet Changed My Life"

1:15 ***ALLISON RIVERS SAMSON***
"Ditching Dairy, Finding Freedom"

2:15 ***LANI MUELRATH***
"Mindfulness for the Veg-Minded"

Our generous sponsors include:

The VRG Vegetarian Resource Group

Sacramento County

Supervisor Phil Serna (D-1)
Supervisor Patrick Kennedy (D-2)

awell-fedworld
feeding families / saving animals

Sacramento Natural Foods Co-op
Locally Owned Since 1973

Sponsored by: **Sacramento Vegetarian Society** CA Nonprofit Corporation #3439445

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