The Sacramento Vegetarian Society's Third Annual

SacTown VegFest www.sactownvegfest.org VegFest 2018

A celebration of vegan/plant-based living

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

Presentations by:

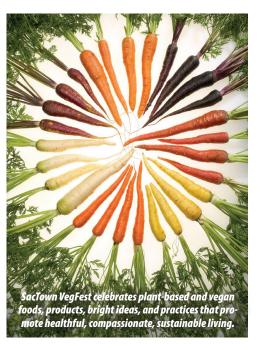
10:15 MEGAN GALLAĞHER "Food for Thought Campaign"

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"

Sat., Jan. 27 10 AM-4 PM

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



Our generous sponsors include:





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



Sponsored by: Sacramento Vegetarian Society CA Nonproft Corporation #3439445