

I want to try
"going vegan,"
but how do
I begin?

Food for Thought **The Vegan Diet** in Perspective

Won't meals
be boring if
I give up
meat, dairy
& eggs?



Presented by executive director of Bauman
College of Holistic Nutrition & Culinary Arts

DR. ED BAUMAN

Learn how to achieve optimal health with a
vegan diet that is both easy and delicious!

Sample
Delicious
UBUNTU
APPETIZERS!

Sip
Organic
WINES!

Thursday JULY 28 7:00 pm
St. Helena Public Library

RSVP requested but not required