

# Eating Our Way To World Peace

Come join us on the first day of Spring as we celebrate the Great American Meat-Out with **STELLAR SPEAKERS, VIDEO PRESENTATIONS and FREE VEGAN CUISINE**



**How does what I eat contribute to peace worldwide?**

**How does what I eat impact the weather?**

**How does what I eat affect how I feel?**



## Guest Speakers:

**Will Tuttle, PhD** ~ lecturer, composer, pianist, SF State and UC Berkeley grad, recipient of the Peace Abbey "Courage of Conscience Award", author of "The World Peace Diet - Eating for Spiritual Health and Social Harmony" ~ **#1 Best-Seller on Amazon.com**

**Michael Klaper, MD** ~ health and nutrition expert, interned at UCSF, adviser to NASA, featured on PBS documentaries

**Joyce Tischler** ~ attorney, co-founder of the Animal Legal Defense Fund, writer and lecturer on issues of compassion and protection for animals

## Emcee

**Bob Linden** ~ host of "Go Vegan with Bob Linden", the first vegan/animal rights program in mainstream media, and the first major network program of its kind (Air America) – heard in the San Francisco Bay Area on GREEN 960 Radio and [www.GoVeganRadio.com](http://www.GoVeganRadio.com)

**Free printed materials about the lifestyle that's most green, most healthy, and most loving ... will be provided by [www.MeatOut.org](http://www.MeatOut.org), the San Francisco Vegetarian Society, ecoVegan Foods, and Supreme Master Television at the information tables.**

**Bring Family & Friends to this FREE EVENT - OPEN TO THE PUBLIC**



**Saturday, March 20<sup>th</sup>, 1 PM – 3 PM**

**San Francisco Main Library, Koret Auditorium, 100 Larkin St @ Grove**

*(Enter at 30 Grove St and proceed downstairs)*

Sponsored by the **San Francisco Vegetarian Society** ([www.sfvs.org](http://www.sfvs.org)), **Go Vegan Radio** ([www.GoVeganRadio.com](http://www.GoVeganRadio.com)), **Loving Hut Restaurant** at 1365 Stockton Street @ Vallejo, SF ([www.LovingHut.com](http://www.LovingHut.com)), and **Golden Era Vegetarian Restaurant** at 572 O'Farrell @ Leavenworth, SF ([www.GoldenEraVegetarian.com](http://www.GoldenEraVegetarian.com))

Refreshments are not allowed in the auditorium. This is not a Library Sponsored Program. For further information about the program, please contact Blaise Scavullo at 415-642-1334 or [BeTheLoveYouAre@gmail.com](mailto:BeTheLoveYouAre@gmail.com)