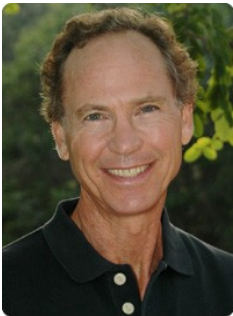




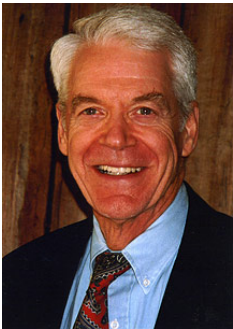
Friday May 11: Keynote
Dr. T. Colin Campbell, Author
The China Study
 One of the largest studies comparing health to diet ever conducted
 7 pm. Doors open at 6:15
 Live Music by Anima Bhakti



Saturday May 12
John Robbins, Author
Diet for a New America
The Food Revolution
Healthy at 100



Free Food Samples
Saturday May 12
10 am to 6 pm



Saturday May 12
Dr. Caldwell B. Esselstyn Jr.
Author
Prevent and Reverse Heart Disease

Also supported by:
 Bob's Red Mill
 Vega
 Proper Eats Market and Cafe
 Herbivore Clothing & Magazine
 Natural Awakenings Magazine
 Pioneer Organics
 Living Harvest
 Humane Society of the United States
 Book Publishing Company

VegFest 2007

Benson High School

546 NE 12th Avenue, Portland

Oregon's Largest Healthy Vegetarian Festival
 Featuring:

- Renowned Authors:
- Acclaimed Chefs
- **FREE FOOD SAMPLES**
- **50+ Exhibitors and Non-profit Groups**
- Information on nutrition and health, exercise, cooking and baking, and environmental sustainability
- Children's Activities

Schedule:

May 11, 7 pm (doors open 6:15)
 Keynote Presentation by Dr. T. Colin Campbell
 -- \$5 to \$10 sliding scale at the door

May 12, festival with exhibit hall & speakers 10 am - 6 pm
 -- \$ 5 for the entire day

Cooking Demonstrations:

10:30 Chefs Bryanna Clark Grogan and Julie Hasson
 "Introduction to Vegetarian Cooking"

12:00 Chef Al Chase

1:30 Chef Zel Allen

2:45 Bo Rinaldi and the Chefs of Blossoming Lotus Cafe
 Saturday Speakers

12:00 Kelly Peterson and Jennifer Hillman, HSUS

1:30 Dr. Caldwell B. Esselstyn Jr.

2:45 Jonathan Balcombe, Ph.D., "*Pleasurable Kingdom*"

4:00 John Robbins

Sponsored by
Blossoming Lotus Cafe
Vegan Bodybuilding & Fitness
VegNews Magazine

Presented by Northwest VEG
Bring this flier for \$1 off admission