

# *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 Vegan Food Tasting**



*How does what I eat affect how I feel?  
How does what I eat impact the weather?  
How is what I eat related to achieving peace worldwide?*

## Guest Speakers

**Will Tuttle, PhD** ~ lecturer, composer, pianist, SF State and UC Berkeley grad, recipient of The Peace Abbey's "Courage of Conscience Award," author of "The World Peace Diet - Eating for Spiritual Health and Social Harmony"

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

**Joyce Tischler** ~ California 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, now available in the Bay Area on Green 960 AM Radio and [www.GoVeganRadio.com](http://www.GoVeganRadio.com)

Free printed materials about the healthy, environmentally responsible, and animal-loving vegan lifestyle will be provided by [www.MeatOut.org](http://www.MeatOut.org), the San Francisco Vegetarian Society, 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**, 1365 Stockton Street @ Vallejo, SF ([www.LovingHut.com](http://www.LovingHut.com)), and **Golden Era Vegetarian Restaurant**, 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).