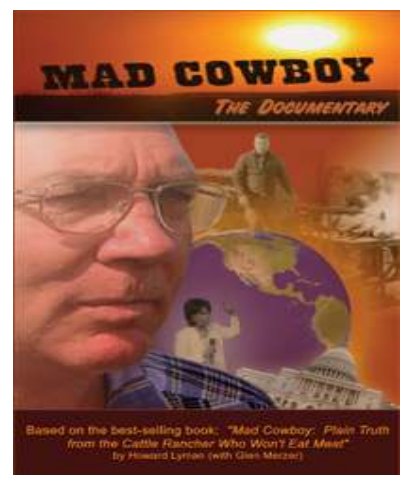


9th ANNUAL MEATOUT LUNCH & PROGRAM

Food Choices Can Save Your Life & Our Planet!

Howard Lyman is a fourth generation Montana farmer/rancher turned vegetarian, vegan, and advocate against the beef and dairy industry. He continues to warn the public on the methods of raising beef and the dangers of Mad Cow disease. After appearing on Oprah Winfrey Show and a subsequent lawsuit from Texas cattlemen, he became nationally known.

www.madcowboy.com



Patti Breitman is the Director of the Marin Vegetarian Group, a Co-Founder of Dharma Voices for Animals, Advisor of the Council of the Animals & Society Institute, She is the co-author of *Never Too Late To Go Vegan & How to Eat Like a Vegetarian, Even If You Never Want to Be One!*

Sunday, March 16, 2014 • 12:00–3:30 pm

UNITARIAN UNIVERSALIST CENTER

1187 Franklin Street/corner Geary Blvd., San Francisco

12:15 DELICIOUS VEGAN LUNCH by Chef Patricia Allen-Koot

1:30 - 3:00 FEATURED SPEAKERS & EXCITING RAFFLE!

VEGAN LUNCH ~ SUGGESTED DONATION \$10.00

Students and Seniors ~ \$7/Sliding Scale ~ Wheelchair Accessible

RSVP (RECOMMEND): UUanimalministry@gmail.com or call SF Veg Soc 415-273-5481

**Sponsored by Unitarian Universalist Animal Ministry,
the Green Committee and the San Francisco Vegetarian Society**