

KICK THE MEAT HABIT



(at least for a day)



The Black Vegetarian Society of Texas
Presents

MEATOUT 2012

“SAVE THE DATE NOTICE”

Saturday, March 24, 2012  10:30 a.m. - 4:00 p.m.
Dallas Farmers Market Event Center
1010 S. Pearl Expressway, Dallas, TX 75201

THIS EVENT IS FREE!!

MEATOUT is an international observance helping individuals evolve to a wholesome diet of fruit, legumes, vegetables and whole grains. Our purpose is to expose the public to the joys and benefits of a plant-based diet. Our theme for this year is:

“GO GREEN FOR LIFE”

FOODS THAT AID IN HEALING

IMPROVE YOUR HEALTH

PROTECT THE ENVIRONMENT

THE MEATOUT 2012 PROGRAM INCLUDES:

*Fitness Demonstrations Children's Activities Vegan Cooking Demonstrations
Health Screenings Guest Speakers Food Sampling
Door Prizes & Gift Bags Information Tables & More*

