

Contact
4th Annual VegFest Houston
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Press Release

Houston, Texas: The Vegan Society of P.E.A.C.E. welcomes everyone to the 4th Annual VegFest Houston. This family-friendly annual festival is free and open to the public. Enjoy Houston's superb vegan restaurants, exciting guest speakers, live music from local veg musicians, 'Kids Zone' activities, food demos and samples, vegan vendors, green businesses, and community booths.

This Festival celebrates its 4th year with informative talks by national and Houston leaders in the vegan movement. **Mamiko Matsuda, PhD.**, a best-selling author and nutritional expert at the Center for Nutrition Studies, will speak about the ultimate way to improve our health and the global environment. **Brenda Carey, JD**, editor in Chief of Vegan Health and Fitness magazine, will discuss being a vegan athlete and fueling an athletic lifestyle. Vegan nutrition luminary **Baxter Montgomery, MD**, will talk about dietary changes to reduce the risk of heart disease. Entrepreneur **Amy Lee Goodman** will discuss her new book Rethink Food: 100+ Doctors Can't Be Wrong.

Some of the other outstanding speakers are philosopher **Alan Clune PhD**, vegan athlete **Amber Callahan**, VSOP Founder **Kristen Lee Ohanyan**, registered dietitian **Stephanie Hoban, LD, RD**, Vegan World Radio host **Anuj Shah PhD**, animal rights advocate **Jerry Friedman, JD**, and Texas A&M professor **Natalie Khazaal, PhD**.

DATE: Saturday, July 19, 2014

TIME: 10:00 AM - 5:00 PM.

PLACE: Pershing Middle School campus at 3838 Blue Bonnet Blvd., Houston, Texas

COST: FREE ADMISSION! Donations accepted.

CONTACT: vegfesthouston@vegansocietyofpeace.org

The Vegan Society of P.E.A.C.E. is an independent, grassroots 501(c) (3) non-profit organization which educates the public on ethical vegan living, animal rights advocacy, environmental responsibility, and plant-based nutrition.

www.vegansocietyofpeace.org/vegfesthouston2014



For Immediate Release

May 27, 2014