

Vegetarian Workshop



Sponsored by
Monmouth County Library
June 5 Saturday 2004, 11AM – 3PM
 125 Symmes Drive, Manalapan, NJ 07726



Talk by Joel Fuhrman, M.D. who is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. As an author and authority on nutritional healing, he has appeared on dozens of television and radio shows including **Good Morning America, CNN, Good Day NY, TV Food Network, Discovery Channel**, and many more.



Vegetarian/Vegan food sampling



Peaceable Kingdom film

Hailed as a masterpiece by **JaneGoodall**



Children's activities

Arts & Crafts, stories, videos.



Cooking Demonstration by Chef Laura Dardi who specializes in Vegan cooking and gourmet Vegan pastries and has been teaching Vegan cooking for last 15 years. She has created her exquisite delights for many special events.



Adolescents and Vegetarian Diets guidance by registered Dietician Dr. Lori Magoulas.

Veggie Folks



Einstein



Martina Navratilova
Tennis champion



Jack LaLanne



Carl Lewis
Olympic medalist
in track



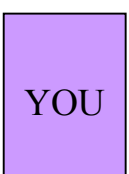
Alicia Silverstone



Brandy



Paul McCartney



YOU

For more info contact: 732-780-0478 or 732-985-1663. See reverse for directions & other Veggie details.

Directions to Monmouth County Library

Ph. (732) 431-7220

FROM THE NORTH

Take New Jersey Turnpike to Exit 11, Garden State Parkway. Go South to Exit 123, Route 9 South. Proceed on Route 9 South approximately 15 miles to Symmes Drive (Vespia's Goodyear Tires on the corner). Turn right onto Symmes Drive. Library is about ¼ mile on the right.

FROM THE WEST

Take Route I-195 East to Route 9 North, Freehold Exit (Exit 28B). Follow Route 9 North for approximately 9 miles to Ryan Road/Symmes Drive jug handle. Cross over Route 9. Library is about 1/4 mile on right.

or

FROM THE WEST

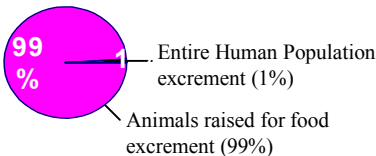
Take New Jersey Turnpike, Exit 8. Follow signs to Route 33 East. Proceed East on Route 33 for approximately 10 miles to Route 9 North. Go North on Route 9 for about 2-1/2 miles. Take Ryan Road/Symmes Drive jug handle. Cross over Route 9. Library is about ¼ mile on right.

FROM THE TRENTON AREA

Take I-195 east to Exit 16B, 537 East. Take 537 East to Rt. 9 North. Take Route 9 North for approximately 4 miles to Ryan Road/Symmes Drive jug handle. Cross over Route 9. Library is about ¼ mile on right.

Veggie environment facts (in US)

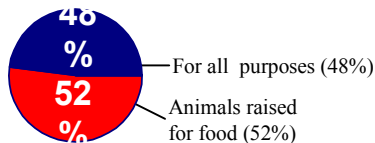
Water Pollution (via Excrement)



86,600 lbs per second nitrogen containing animal excrement seeping into water system.

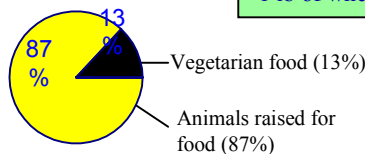
1 pig factory farm == 12,000 people

Water Used



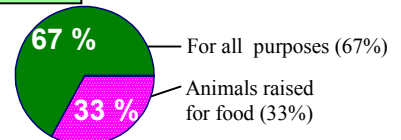
1 hamburger patty == 17 showers
1 lb of meat == 2500 gals of water
1 lb of wheat == 25-60 gals of water

Agricultural Land Used



1 acre of land == 20,000 lbs potatoes or 165 lbs of beef.
125,000 Square miles per year destroyed to create more space.

Energy Used



1 hamburger patty == 20 miles on small car

Veggie Quotes

The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented simply by adopting a plant based diet. - *Dr. T. Colin Campbell, nutritional researcher at Cornell University and director of largest epidemiological study in history.*

Vegetarians have the best diet. They have the lowest rates of coronary diseases of any group in the country ... they have a fraction of our heart attack rate, and they have only 40 percent of our cancer rate. - *William Castelli, M.D., director, Framingham Heart Study, the longest running study in medical history*

Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer...another good reason is animals tend to concentrate pesticides and other chemicals in their meat and milk. -- *Dr. Benjamin Spock, M.D*

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men. -- *St. Francis of Assisi*