



# Introducing The Vegetarian Society of South Jersey (VSSJ) Ocean County Chapter

Monday October 2, 7pm  
Ocean County Library  
101 Washington St, Toms River, NJ 08753

Come out and learn about VSSJ and our new Ocean County chapter at its first meeting! Join us for free light refreshments. Free vegetarian starter kits and a literature table will be available.

The Vegetarian Society of South Jersey (VSSJ) is an all-volunteer, nonprofit, tax-exempt 501(c)(3) organization whose purpose is:

- Educational: To educate the public on the benefits of a plant-based diet. Information is provided through literature, videos, cooking classes, and speakers.
- Social: To provide opportunities for people to meet, share meals, and to have fun.
- Supportive: To offer advice, encouragement, and friendship to those in transition to a vegetarian diet.

For more info, please contact VSSJ at [thevssj@gmail.com](mailto:thevssj@gmail.com) or 609-848-VEG1 (8341).

[vssj.com](http://vssj.com)      [facebook.com/TheVSSJ](https://facebook.com/TheVSSJ)