

# Veg Nutrition for Superb Health

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## Lecture and Book Signing by Vesanto Melina

*Registered Dietitian and co-author of bestselling books:*

- *Becoming Raw*
- *Becoming Vegan*
- *Becoming Vegetarian*
- *Raising Vegetarian Children*
- *The Raw Food Revolution Diet*
- *The Food Allergy Survival Guide*
- *Cooking Vegetarian*

**October 17th, 7pm**  
**\$5 suggested donation**  
**The HUB - 1673 Barrington St. 2<sup>nd</sup> floor**

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*Presented by:*

