

# PORTLAND VEGFEST 2009 COUPON

**Saturday, September 19, 10am – 8pm**

Free veg food samples, chef demos, live music, kids' activities area, and speakers including:

**John McDougall, M.D.**, nutrition expert who teaches better health through vegetarian cuisine

**Kathy Freston**, health and wellness expert and New York Times best-selling author

**Rip Esselstyn**, athlete-turned-firefighter

**Oregon Convention Center, 777 NE MLK Blvd.  
Portland, OR 97232**

# \$1 Off

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your \$5 admission

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