

# VEGETARIAN TO VEGAN

A PRESENTATION BY

## SARAH TAYLOR, MBA



Many people have taken the pledge to become vegetarian, whether for health, animal rights, environmental or spiritual reasons. Yet few have taken the ultimate step of giving up *all* animal products and becoming fully vegan. In her talk, *Vegetarian to Vegan*, Sarah Taylor will give compelling reasons why you should consider giving up dairy and egg products once and for all - and how to survive without them!

**FRIDAY JAN. 20, 7 P.M.**  
**KAUNOA SENIOR CENTER**  
**401 ALAKAPA PL., PAIA**

Talks are structured for adult-level audiences. We are not able to provide a playroom for children at this time.



**Vegetarian Society of Hawaii**

**Join Us!**

For more info: 572-8371 or [steveblake@hawaiiantel.net](mailto:steveblake@hawaiiantel.net)

**FREE Admission & Refreshments**

Sarah Taylor is the author of *Vegan in 30 Days*, and her new book, *Vegetarian to Vegan*, will be available in 2012. Sarah holds a Certificate in Plant Based Nutrition from Cornell University, and is on faculty at the Nutritional Education Institute. She has worked as the Motivational Trainer for Joel Fuhrman, MD, author of *Eat to Live*. She has been interviewed for countless radio and Internet shows, including NPR, PBS and EarthSave Radio, among others. In her free time, Sarah enjoys playing tennis, race walking, adventure traveling and studying spirituality. She is also on the board at Leilani Farm Sanctuary, a sanctuary for rescued farm animals on Maui.