



THE SECOND TOTAL-VEGETARIAN SUPPER CLUB LECTURE SERIES

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Demand!**



Last season's series was such a success that the Patterson Avenue Seventh-day Adventist Church is again sponsoring a totally delicious, total plant-based meal and health lecture by leading experts. It's the second Sunday of the month beginning on October 11, 2009 and ending on January 10, 2010.

DATE: 10/11/09-1/10/10

TIME: 4:00-6:00 P.M.

- SEATING LIMITED TO THE FIRST 100
- NO ADMISSION CHARGE
- DONATIONS ARE ACCEPTED
- WEBSITE: stepfastrichmond.org

TIME & DATE	MEAL THEME	TOPIC	SPEAKER
Sunday, 4-6 p.m. October 11, 2009	Fall Feast	DIABETES <i>Type 2 Often Preventable!</i>	Jane Wilson, RN, RD CDE, CSR, Dietician
Sunday, 4-6 p.m. November 8, 2009	Thanksgiving	CANCER <i>Avoiding the Big "C".</i>	Cherril Thorpe, MD Preventive Care
Sunday, 4-6 p.m. December 13, 2009	Christmas	HEART DISEASE <i>Prevention Through Lifestyle.</i>	Dr. Gary Ashford Naturopath
Sunday, 4-6 p.m. January 10, 2010	Winter Buffet	DEPRESSION <i>The Way Out!</i>	Dr. Byron Greenberg Psychologist

LOCATION:
Patterson Avenue Seventh-day Adventist Church
3901 Patterson Avenue, Richmond, VA 23221
(Between Hamilton & Malvern Sts. Off 195)

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