



EVERYTHING ELSE!

A five star festive event that demonstrates how great your Holidays can taste...

MINUS THE MEAT...

FEATURES WILL INCLUDE:

- *22nd Year! This years fare will be greener than ever with an emphasis on great main dishes without meat.*
- *Over 50 vegetarian creations to taste. Get menu ideas for serving and speak directly to the cooks.*
- *Dr. Art & Natalie Weaver as well as registered dieticians and fitness trainers will be on hand for informal questions.*
- *This years recipes available for purchase, as well as past collections, along with a CD of the first 20 years of recipes.*
- *Holiday music selections for your enjoyment.*
- *Food store will be open, carrying a variety of vegetarian products.*
- *Special gift drawing from ticket stubs each session for specialty food items and cookbooks.*
- *Several local restaurants will be featuring a variety of vegetarian selections.*

**Come Join Us To Feast On...
Everything Else!**



Holiday Tasting!
Sunday, Nov. 8, 2009

Better Living Seminars
P.O. Box 700574
Plymouth, MI 48170

**Your Invitation To
The
22nd ANNUAL**

VEGETARIAN HOLIDAY TASTING EXTRAVAGANZA

**SUNDAY
NOVEMBER 8, 2009**



**If You Don't Eat Meat
What's Left?**

NON PROFIT ORG.
U.S. POSTAGE
PAID
PLYMOUTH, MI 48170
PERMIT NO. 239



This Event is Endorsed/Sponsored by:

Better Living Seminars.

An organization founded and headed by Dr. Arthur Weaver, M.D., Professor Emeritus, Wayne State University, Head & Neck Cancer Surgeon. The organization is aimed at helping people live better, healthier lives. (248) 349-5683

Metropolitan Seventh Day Adventist Church & School in Plymouth
(734) 420-3131

Metropolitan Adventist Jr. Academy

is a fully State Accredited Kindergarten through Tenth grade school. We are open to the public for enrollment. A great place to be for academic excellence in learning from a Christian perspective.
(734) 420-4044

Science has now clearly demonstrated that diabetes, heart disease and cancer are largely preventable. Attending this event will be a big help in moving you toward a healthier lifestyle.

Dr. Arthur Weaver



SUNDAY, NOVEMBER 8, 2009
11:00 a.m., 12:45 p.m. & 2:30 p.m.

At Metropolitan Seventh-day Adventist School
15585 Haggerty Road
Plymouth, Michigan 48170
(Just North of 5 Mile Road)

DUE TO THE POPULARITY OF THIS EVENT, SESSION SIZE IS LIMITED AND ADVANCE PURCHASE OF TICKETS IS REQUIRED.

Please Log Onto
www.veggieholiday.com
For Questions and Email Responses or to Download Extra Ticket Order Forms



Please mail form below and your check to:
"Holiday Tasting Event"
695 N. Ridge Road, Canton, MI 48187-4635
(check payable to: Metro SDA School)
HOTLINE: (248) 446-9176
or please log onto www.veggieholiday.com

Cost: \$14.00 Adult
\$6.00 Child (6-12)
(immediate family members only please, for child rate)
(PLEASE PRINT)

Name _____

Address _____

City/State/Zip _____

Phone _____ e-mail _____

Number of Tickets: Adult _____ Child _____

TOTAL \$ ENCLOSED: _____

PLEASE SELECT DESIRED SESSION

Please arrive within 10-15 minutes of your session

Order 1st to 3rd choice

- Session 1** 11:00 a.m. - 12:45 p.m.
- Session 2** 12:45 p.m. - 2:30 p.m.
- Session 3** 2:30 p.m. - 4:00 p.m.

• How many years have you attended this event? ____

• Is this your first time? _____

Because of lack of space & manpower, no childcare is available