

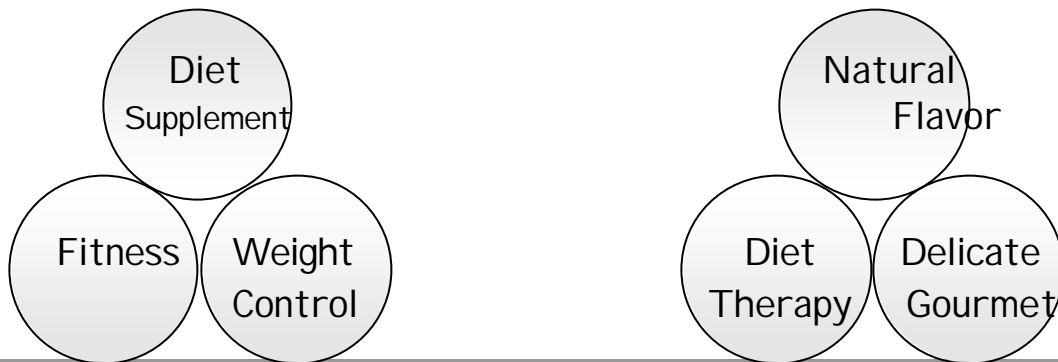
Evergreen Vegetarian Carnival

The EHVA will be holding a vegetarian expo in order to demonstrate how to practically apply the concepts of a healthy vegetarian diet through emphasis on low-salt, low-sugar and low-oil cooking. This year's event will focus especially on the main themes of diet therapy, diet supplement, weight control, fitness, natural flavor and gourmet cooking. This will feature a sampling of vegetarian main dishes and snacks available for purchase. Information on the fundamentals of maintaining one's well-being will also be provided, as well as games and entertainment.

*Discover just how diverse the vegetarian diet can be
Learn how to eat right without sacrificing taste*

When 10-25-1998 (**Sunday**) 11:00AM ~ 3:00PM

Where Napredak Hall , 770 Montague Expressway, San Jose.



Tickets:US\$10. To Order Call: ☎ 408 867-7460 or 408 996-1635 Rita Kuo



Evergreen Healthy Vegetarian Association
A nonprofit organization

Our Address 5100 El Camino Real, Suite C, Los Altos, CA 94022