

DECEMBER 2020



VISIT WEBSITE



JUST \$1



FREE Zoom Meet & Learn

Friday, January 8, 2021

6:30–8 pm ET

3:30 – 5 pm PT

RSVP HERE



Virtual is the New Normal

Desserts in the Raw

by Beth Love, **Eat for the Earth**
Do you crave sweets for the holidays? Indulge your taste buds by treating yourself to desserts that are good for you and good for Earth!
Thursday, Dec. 10, 8:30–10 pm ET / REGISTER HERE Donation Basis



Zoom Chat with Plant-Based Cardiologist

“Join us as we chat with Dr. Aggarwal, co-author of *Body on Fire: How Inflammation Triggers Chronic Illness and the Tools We Have to Fight it.*”
Friday, Dec. 11, 1–2 pm ET / 10-11 am PT
FREE – INFO / REGISTER HERE



Dr. Monica Aggarwal

Lights & Latkes: A Jewish Veg Hanukkah Party

“Celebrate with songs and storytelling at the **Jewish Veg** Hanukkah party! Bring your hanukkiah and your vegan latkes and gather around our virtual table for a bright and festive evening. Find out why the Maccabees were vegetarian, sing along to old favorites, and share what motivates you to stay dedicated to veg living.”
Sunday, Dec. 13, 5 pm ET / 2 pm PT
FREE – REGISTER HERE



Virtual Vegan Holiday Cooking Class

Follow along as **Dr. Ruby Lathon** makes a savory entrée and a side dish, perfect for a holiday dinner. Through her organization, **Roadmap to Holistic Health**, she teaches, coaches, consults, and hosts conferences and workshops. Check out her online cooking show **here**, “The Veggie Chest.”
Saturday, Dec. 19, 12–2 pm ET / 9–11 am PT
FREE – REGISTER HERE



Dr. Ruby Lathon