

Does your diet reflect your core life values?

Do your purchases promote peace?

Do you want to discover the freedom
of an ethical lifestyle?

When you're ready to go VEG...
...try the VEG MENTOR PROGRAM

Bay Area Vegetarians (BAVEG) introduces a new program to help you make the transition to a more compassionate diet easily and conveniently. If you've thought about becoming vegetarian or vegan but don't know quite how to do it, BAVEG can provide the support and inspiration you need to make the change. From a friendly online community forum where you can ask questions or browse discussions to one-on-one guidance from a knowledgeable mentor, BAVEG's program is specifically designed with your needs in mind.

BAVEG mentors are experienced vegans who can answer questions and offer advice on all aspects of the veg lifestyle – from nutrition, food shopping and cooking to animal rights philosophy and activism. Whatever challenges you face as a new or aspiring vegetarian or vegan, BAVEG mentors can provide valuable experiential knowledge to support your personal goals. The program is based on respect for people's choices and acceptance of their decisions about what is best for their life at a given time. This allows space for either gradual or immediate change to take place and awareness to develop at a pace that is comfortable for you.

BAVEG's mentor program is free and open to all.
To learn more and to get involved, please visit

www.bayareaveg.org/mentor

Does your diet reflect your core life values?

Do your purchases promote peace?

Do you want to discover the freedom
of an ethical lifestyle?

When you're ready to go VEG...
...try the VEG MENTOR PROGRAM

Bay Area Vegetarians (BAVEG) introduces a new program to help you make the transition to a more compassionate diet easily and conveniently. If you've thought about becoming vegetarian or vegan but don't know quite how to do it, BAVEG can provide the support and inspiration you need to make the change. From a friendly online community forum where you can ask questions or browse discussions to one-on-one guidance from a knowledgeable mentor, BAVEG's program is specifically designed with your needs in mind.

BAVEG mentors are experienced vegans who can answer questions and offer advice on all aspects of the veg lifestyle – from nutrition, food shopping and cooking to animal rights philosophy and activism. Whatever challenges you face as a new or aspiring vegetarian or vegan, BAVEG mentors can provide valuable experiential knowledge to support your personal goals. The program is based on respect for people's choices and acceptance of their decisions about what is best for their life at a given time. This allows space for either gradual or immediate change to take place and awareness to develop at a pace that is comfortable for you.

BAVEG's mentor program is free and open to all.
To learn more and to get involved, please visit

www.bayareaveg.org/mentor