



E- News



November Events

The Texas Veggie Fair

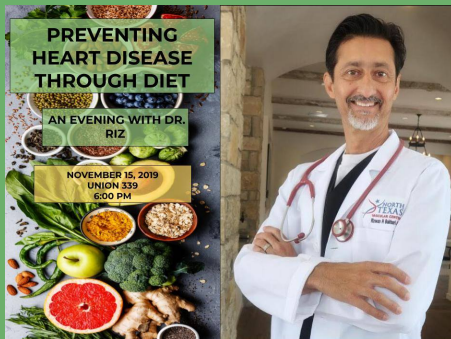
Guys we are super excited to announce that this year we will have a vendor booth at the annual Texas Veggie Fair!

Stop by to pick up literature, buy a shirt or give us your testimony for a chance to be featured on our podcast.

November 2, 2019
920 S. Harwood Street
Dallas, Texas
11 am - 6 pm



[More info](#)



Preventing Heart Disease Through Diet

Dr. Rizwan H. Bukhari will visit UNT Denton to give a presentation that addresses the powerful impact that a plant-based diet has on health. In addition to the talk there will be free samples of delicious vegan food from Spiral Diner and Bakery.

November 15, 2019
UNT Denton
Room 339 (Chilton Meeting Room)
East University Drive
Denton, TX 76203
6:00 p.m. - 7:30 p.m.

[Sign up](#)

BEAT DIABETES

every. single. day.

Looking for something to do during American Diabetes Month? Take it from the pros at the American Diabetes Association:

"Enjoy a refreshing walk with healthcare professionals from your community who will provide support and answer questions. Find a 'Walk with a Doc' event near you."

If you're reading this, you must have found it!
Walk with a Doc!

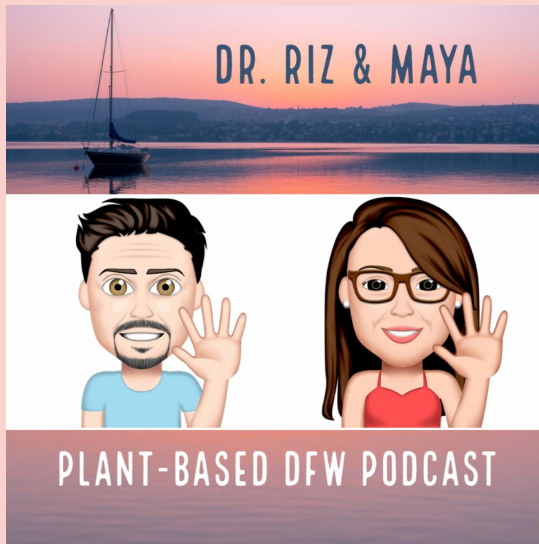


Walk With Dr. Riz, Health Topic: Diabetes

Join us this month as we talk about risks factors for developing diabetes, managing diabetes and prevention. We walk the trail which is about a mile long. Participants can ask questions and walk as much as they like. This promotes community and wellness!

November 16, 2019
8820 Southwestern Blvd
Dallas 75206
10 a.m. - 11 a.m.

[Join Us](#)



Plant Based DFW Podcast

Our podcast is now on iTunes, Stitcher, Google Play, SoundCloud, Spotify and on our youtube channel.

Dr. Riz & Maya interview people about their stories and contributions to the plant-based community. Click on link below to access various platforms.

[Listen](#)



If you like our events, please write a review on our Happy Cow page. Just click on the logo to access it.

Happy Cow is the world's largest FREE directory of vegetarian/vegan restaurants including health food stores, farmer's markets and bakeries.

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