



# E- News



## October Events



### Peace & Wellness Retreat

It will be a day retreat with workshops which promote holistic wellness. Yoga classes, guided meditation and nutrition classes are supplemented with lectures and presentations which allow individuals to deepen their practice.

**October 5, 2019**

The Council on Recovery  
303 Jackson Hill St.  
Houston, Texas 77007  
8:30 a.m. - 3 p.m.

[Register](#)



### Fall Plant-Based Potluck

Join us for a Fall potluck as we move into the holidays. It will be another great opportunity to socialize and spend time while enjoying delicious plant-based dishes.

**October 12, 2019**

Audelia Road Branch Library  
10045 Audelia Road  
Dallas, TX 75238  
12:30 p.m. - 2 p.m.

[Sign up](#)

**Staying Positive Through The Holidays**



Each participant in the workshop will come up with a personalized plan to enhance their positivity and happiness this holiday season.

**October 12, 2019**  
Audelia Road Branch Library  
10045 Audelia Road  
Dallas, TX 75238  
**2 p.m. - 3 p.m.**

[Sign Up](#)



### Walk With Dr. Riz

We walk every third Saturday of the month. Dr. Riz will touch on a health topic, take questions, then 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!  
**\*\*Walking hours have changed!\*\***

**October 19, 2019**  
8820 Southwestern Blvd  
Dallas 75206  
**10 a.m. - 11 a.m.**

[Join Us](#)

## Other News



### Plant Based DFW Podcast

Our podcast is now on iTunes, Stitcher, Google Play, SoundCloud & Spotify.

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

[Listen](#)

**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](#)

## Nature's Plate Screens The Game Changers, Nov. 3



Hosted by



NOV 03

Movie Screening + Snacks: The Game Changers

by Nature's Plate [Following](#)

Sunday, Nov. 3rd, 3pm

\$6.75

[Buy Your Ticket](#)

Did you miss the one night screening in the theater? Or can't wait to see it again? Well, here is your chance to see this amazing, inspiring film!

Executive produced by James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton, Novak Djokovic and Chris Paul — a revolutionary new film about meat, protein and strength.

Although the screening itself is free, a snack purchase is required to reserve your seat. If seats remain on Nov. 3rd, they will be available first come, first served with no purchase required.

Discussion after the film with local game changers - more info to come!



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.

