

From Excuse-itarian to Vegetarian



Colleen Patrick-Goudreau

Vegan Cookbook Author

In this talk, author and expert Colleen Patrick-Goudreau will discuss everything you've always wanted to know about living a healthful plant-based life but were afraid to ask. Patrick-Goudreau answers questions and addresses myths related to living healthfully and compassionately.

Colleen is an acclaimed speaker, award-winning author of six books, including *The Joy of Vegan Baking* and *The Vegan Table*, expert ethics commentator, and a multimedia host. She is a regular contributor to National Public Radio and has appeared on The Food Network and PBS.

Colleen will be presenting at two locations: Barrett Refectory, Honors Hall at ASU's Tempe campus (3 p.m.) and Changing Hands Bookstore, Tempe location (7 p.m.). At the Changing Hands Bookstore event there will be desserts from Pomegranate Cafe.

This event is co-sponsored by Barrett, the Honors College.

Thursday, December 4, 2014

3:00-4:15 p.m.

Barrett Refectory, Honors Hall, ASU, Tempe campus

7:00-8:30 p.m.

Changing Hands Bookstore,
6428 S. McClintock Dr., Tempe

Parking and directions:
sustainability.asu.edu/directions

For more information about this
and other events, visit:
sustainability.asu.edu/events

Seating is limited, so please RSVP for this event.

RSVP: sustainability.asu.edu/events

The Sustainability Series is presented by ASU's Julie Ann Wrigley Global Institute of Sustainability.