



The Western Maryland Vegetarian Society

Monthly Potluck Meetings
(see website for dates & location)

Are you curious about vegetarianism? Or, are you a long-term vegetarian wanting to connect with others? Maybe, you're just getting started on your vegetarian journey? Come join us for a potluck meeting to discuss the far-reaching impact of a vegetarian diet, and how we can create a vegetarian community in the Western Maryland area.

Please bring a dish to serve 6 to 8 people containing no animal products (meat, dairy or eggs)

A list of ingredients or recipe would be appreciated.
(For vegetarian recipe ideas, check out VegWeb.com)

www.westMDveg.org

OR

Contact Tara at (301) 393-8874 or info@westMDveg.org