



Happy October Friends!

Just a reminder of our upcoming events. Hope to see you all there (with friends or family who might be interested as well)!

TOMORROW!! Oct 12 9-10am Walk with a (plant-based) Doc

Location: Hamilton Harbour Waterfront Trail

Waterfront Trail, Hamilton, ON L8L 1C8

<https://goo.gl/maps/ZQk3xHdLGYv2sttaA>

More info: <https://justwalk-hb.weebly.com/>

Burlington Carpool contact: plantpurehamilton@gmail.com

Oct 19 EAT, DRINK, THRIVE (Niagara Veg Fest) 10am-6pm (Hamilton

carpool available, contact: plantpurehamilton@gmail.com)

More info: <http://vegeventsinc.com/events/eat-drink-thrive/>

Oct 20 1-3pm Hamilton WFPB* Potluck

Location: Strata Adolescent Montessori School

575 Lions Club Rd, Ancaster, ON L9H 5E3

Burlington Carpool available.

Oct 20 2-4pm Free Screening of The Game Changers Movie

(<https://gamechangersmovie.com/>) **with Dr. Neeraj Lakhanpal Q & A**

Location: Strata Adolescent Montessori School

575 Lions Club Rd, Ancaster, ON L9H 5E3

Burlington Carpool available.

Future winter potlucks will take place on the 3rd Sun of the month from 1-3pm in either Burlington or Hamilton.

Please email me if you have any questions.

Your friends,

Becki Westover and Amanda Lakhanpal

*WFPB - Whole foods plant based (we also try our best to limit oil, salt and refined sugars) if you want to learn more about this non-profit grassroots organization visit www.plantpurecommunities.org