

# “Healthy Vegetarian Lifestyles” & “The Dark Side of Soy”

Come listen to Nitza Bezzerides speak about these two issues and enjoy a yummy :)  
Vegetarian potluck

It's a **potluck**! So bring your favorite dish to share with others. Also, bring your favorite recipes to share with others in our **recipe swap**.

When: Thursday, February 26th 7:00pm  
Where: HSS 306

Sponsored by the Holistic Health Network [www.sfsu.edu/~holistic](http://www.sfsu.edu/~holistic)