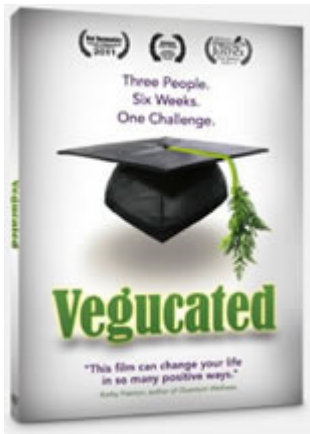


# Healthy Movies!



*Vegucated* is a documentary that follows three meat- and cheese-loving New Yorkers who adopt a vegan diet for six weeks. **Brian**, the bacon-loving bachelor who eats out all the time, **Ellen**, the single mom who prefers comedy to cooking, and **Tesla**, the college student who avoids vegetables and bans beans. **Lured with true tales of weight lost and health regained**, they begin to uncover hidden sides of animal agriculture and soon start to wonder whether solutions offered in films like *Food, Inc.* go far enough. Before long, they find themselves risking everything to expose an industry they supported just weeks before.

**But can their conviction carry them when times get tough? What about on family vacations fraught with skeptical step-dads, carnivorous cousins, and breakfast buffets?**

Part sociological experiment, part science class, and part adventure story, *Vegucated* showcases the rapid and at times comedic evolution of three people who share one journey and ultimately discover their own paths in creating a kinder, cleaner, greener world, one bite at a time.

Showing will be at:  
Financial Security Management  
575 Lynnhaven Parkway, Suite 280A  
Virginia Beach, VA 23452

Special thanks to Jerry Cook, one of the musicians for the film, for co-hosting, and to Ron McKinney from FSM for arranging space.

In the Marsh Landing Building – this is on the corner of Viking Drive. From 264, take the Lynnhaven Parkway SOUTH exit and get into the right lane. Make the SECOND RIGHT onto Viking Drive and then the first right into the parking lot for Marsh Landing Building. Park anywhere.

**Saturday, February 4, 2 - 5 pm PROMPT**  
\$5 donation requested. Snacks provided.  
For more information, contact Sharon 301-816-0752 (cell)

This event hosted by Sharon Greenspan,  
Board Certified Holistic Health Practitioner, HTCP, M. Ed  
[www.wildsuccess.us](http://www.wildsuccess.us)