

# Progressive Network Movie Night

(every 4th Tuesday)

**Nov. 22**  
**6:30–9:30pm**

Conundrum Music Hall  
626 Meeting St., West Columbia

Learn about the great health benefits of a whole foods plant-based diet while sampling vegan dishes at our **FREE** screening of **Forks Over Knives** and potluck!

Film starts  
at 7pm.

Thanks to  
Rosewood Market  
for donated food.

# FORKS OVER KNIVES



Don't miss this film, full of crucial information but also easy and fun to watch. You will not be subjected to scenes of factory farm horror; instead you'll see evidence of health hazards caused by meat and dairy in the human diet. Watch what happens when the narrator decides to try a whole foods, plant-based diet during filming. The results are extraordinary.

Beer and other beverages available for purchase.

Bring a non-veg friend. The hope is to inspire people who haven't tried a plant-based diet.

See movie trailer and more at [www.forksoverknives.com](http://www.forksoverknives.com).