



AFRO-VEGAN SOCIETY

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News Release

VEGUARY

Afro-Vegan Society to Celebrate Black History Month with Celebration of Black Plant-Based Traditions, Vegan Living Pledge Chefs, physicians, athletes and filmmakers join forces to promote the health benefit of the plant-based diet

BALTIMORE, MD - The Afro-Vegan Society (AVS) will mark Black History Month with Veguary, a series of free programs highlighting the contributions of Black trailblazers, and the many benefits of vegan living in Black communities, and promoting a month-long pledge to commit to vegan living during the month of February.

AVS will provide resources, support, and community to those who take the Veguary Pledge with vegan recipes, online cooking demonstrations, virtual education sessions and panels, daily email updates, live Q&A sessions, exclusive prizes and discounts from vegan brands, and interactive check-ins through our Veguary Facebook group -- all provided free of charge. There are over 20 Black vegan speakers confirmed for this event so far including: **Seba Johnson**, history-making Olympian; **Dr. Milton Mills**, critical care physician featured in the documentary *What the Health*; celebrity chef **Rain Truth**, and **Dr. Ruby Lathon**, certified holistic nutritionist also featured in the documentary *What the Health*.

Some of the major themes to be explored during Veguary include: transitioning to vegan living, the legacy of plant-based traditions in Black communities, plant-based health and wellness, making plant foods accessible in marginalized communities, the global + environmental impact of our food choices, and veganism as a part of a holistic world view to resisting oppression in all of its forms

Afro-Vegan Society is a national nonprofit organization with a mission to provide resources and support to help people in marginalized communities transition to vegan living.

Additional information: <https://www.afrovegansociety.org/veguary>