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FOR IMMEDIATE RELEASE

Michiana VegFest 2024 to spotlight plant-based lifestyles, services

Annual vegan festival will feature chef demos, food samples, guest speakers, vendors, and more.

SOUTH BEND — Promoting plant-based eating, vegan lifestyles, compassion for animals, and conservation of the environment, Michiana VegFest 2024 is fast approaching.

The annual, volunteer-run festival will take place from 11 a.m.–5 p.m. Sunday, April 14, at the Gillespie Conference and Special Event Center, 53995 Ind. 933. Admission is free, providing a chance for anyone interested to explore healthy food choices and support regional, vegan-friendly businesses and organizations. Transferable general admission tickets (up to 5 per order) are available through [Eventbrite.com](https://www.eventbrite.com).

Michiana VegFest includes nationally recognized speakers on healthy eating, animal protection, and environmental sustainability; cooking demos with free samples by renowned chefs; vendors of food, cosmetics, clothing, and other goods that are produced without animal ingredients; live music; an educational, experiential Kids' Corner and more.

“Becoming a vegan was one of the best decisions of my life. VegFest allows me to spread the message to a wider audience; to help people discover the wonderful variety of plant-based food, to realize the health benefits, to avoid animal cruelty, and to protect the environment.” – Michael Pound.

Multiple speakers will be in attendance for the veg-curious, offering insight into topics such as "Plant-Powered Living for Slow-Motion Aging", "Becoming Vegan Strong" and the connection between diet and disease, among others.

Featured speakers include:

- Victoria Moran, speaker, educator, podcast host, and author of 14 books on well-being, spirituality, and vegan living, including her latest, "Age Like a Yogi."
- Sgt. Vegan Bill Muir, combat veteran, martial artist, vegan chef, author of "Vegan Strong: The Ultimate Field Manual for a Kick-Ass Plant-Fueled Life," RN, musician
- Plant-Based Joan, nurse, educator, speaker

Additionally, chef demonstrations will allow guests to get an up-close look at how a variety of healthy, vegan dishes are created — without sacrificing flavor.

Featured chefs include:

- Chef Josh Musinski, Water & Wheat, Coloma, Mich.
- Jill Keb and Kathy Taylor, Plant Life Journey, South Haven, Mich.
- Katherine and Joshua – Feel Better Living

Michiana VegFest, Inc. is a 501 (c) 3 not-for-profit organization run entirely by volunteers. Donations and any proceeds from the yearly event are used to support efforts for the next VegFest.

To learn more about Michiana VegFest 2024, volunteer, register as a vendor, or inquire about the festival, visit michianavegfest.org or email chair Michael Pound at michael@michianavegfest.org.

