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VegFest, Michigan's Biggest Vegan Event, is April 30 at Suburban Collection Showplace

Star Trek's Worf plus U.S. Humane Society CEO, doctors, food, family activities & more highlight metro Detroit's premier annual vegan taste fest & expo

ROYAL OAK, Mich. – From Dr. Oz's recent proclamation that a vegan diet is "the biggest movement of 2017" to the proliferation of veg-friendly restaurants and mounting studies attesting to the power of plants, there's never been a better time to explore a plant-based lifestyle. And there's no bigger opportunity in metro Detroit than the annual [VegFest](#).

Taking place **Sunday, April 30**, the family-friendly vegan taste fest and expo presented by [VegMichigan](#) is expected to draw more than 5000 to Suburban Collection Showplace in Novi.

More than 150 restaurants, vendors and exhibitors will offer the latest foods, free samples, products and services that are vegan, meaning not derived from animals. Cooking demonstrations, family activities and notable speakers will entertain and educate about the health, environmental and ethical benefits of a plant-powered lifestyle.

Headlining the speaker lineup is **Michael Dorn**, better known as Worf in *Star Trek*, who attributes his supreme health to his vegan diet and lifestyle. Also taking the stage is **Wayne Pacelle**, CEO of the Humane Society of the United States, who will discuss creating a humane economy; **Michael Greger, MD**, on his New York Times best seller, *How Not to Die*; local plant-based cardiologist and national PBS program host **Joel Kahn, MD**; functional nutritionist **Kerrie Saunders, MS, LLP, PhD**; chef and educator **Quiana "Que" Broden**, and others. The full schedule of presentations can be found at www.vegmichigan.org/activities/vegfest.

New this year is an expanded Kids' Zone, featuring games, coloring and face painting for little ones; and teens and adults will enjoy the chance to experience the life of a farm animal through virtual reality 360 glasses.

"VegFest has something for everyone," says **Paul Krause**, president of VegMichigan. "Food, shopping, education, entertainment...whether you're looking to make some dietary changes for better health or for the benefit of the planet and its creatures, VegFest is a fun and tasty way to learn."

The April 30 event runs from 10:30 a.m. until 5 p.m. Suburban Collection Showplace is located at 46100 Grand River Ave. in Novi. Admission is \$12 in advance or \$15 at the door. VegMichigan members are admitted free.

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VegFest is sponsored by Whole Foods Market and Better Health Stores, with support from 93.9 The River, A Well-Fed World and others.

For tickets, memberships and information on sponsorship, exhibiting, volunteering or the day's schedule, call 877-778-3464 or visit www.vegmichigan.org.

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