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Dr. Joel Fuhrman & Lions' Theo Riddick to Headline VegFest

Michigan's largest vegan tastefest and expo is April 29 in Novi

ROYAL OAK, Mich. – Best-selling author and PBS personality Joel Fuhrman M.D. and Detroit Lions running back Theo Riddick will headline the speaker lineup at this year's [VegFest](#), the annual vegan tastefest and expo hosted by VegMichigan.

Taking place Sunday, April 29, 10:30 a.m.-5 p.m., the family-friendly event is expected to draw more than 5000 to [Suburban Collection Showplace](#) in Novi. Tasty vegan cuisine will be plentiful, with more than 100 restaurants, vendors and exhibitors offering the latest plant-based foods, free samples, products and services. Cooking demonstrations, notable speakers and a kids' zone will entertain and educate about the health, environmental and ethical benefits of a vegan lifestyle.

Among the growing number of athletes going vegan, Riddick will speak at 1:45 p.m. on "Improving Your Game with a Plant-Based Diet," followed by Fuhrman at 3 p.m. on "Eating for Health and Longevity." Kicking off the day's talks are former Miss USA contestant and emcee Sheena Monnin at 11:15 a.m., diabetes expert Caroline Trapp D.N.P. at 11:30 a.m. and cardiologist, author and professor Joel Kahn M.D. at 12:30 pm. Other presenters include yoga teacher Abby Bechek Hoot, PBNSG educators Debby Knight Jones and Denise Kling-Pelto, humane educator and animal caretaker Brece Clark; along with cooking demos by chef Quiana "Que" Broden, Cacao Tree Café and Clean Plate owner Amber Poupore, Chive Kitchen owner Suzy Silvestre and others. Find the full schedule at vegmichigan.org.

"We'll have more space this year and a covered outdoor food truck park," says Paul Krause, president of VegMichigan. "Even if you come just for the new Ben & Jerry's vegan flavors, you'll leave inspired with plenty of resources for a better, healthier life."

Suburban Collection Showplace is located at 46100 Grand River Ave. in Novi. Admission is \$14 in advance or \$17 at the door. VegMichigan members are admitted free.

VegFest is sponsored by Whole Foods Market, Better Health Stores, Henry Ford Center for Integrative Medicine and others.

For tickets, membership and to sponsor, exhibit or volunteer, visit vegmichigan.org or call 877-778-3464. Follow updates on Facebook, Instagram and Twitter @VegMichigan.

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