



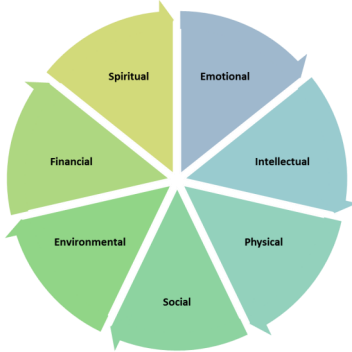
pcrecreation

A higher degree of play

Building a kinder world through what you eat



Your Wellness



August Lunchtime Learning

Lauren Lockey & David Swartz

Come and RE discover our innate compassion for ALL beings and how we can build a kinder world through what we eat. Learn the positive impact we can have on the environment, our health, and the lives of farm animals just by choosing more plant based meals. Come and learn why this is so important and how we have the power each and every day to create a more compassionate, sustainable, and empowered world.

Day: Wednesday, August 12

Time: Noon - 1:00 pm

Location: PC MARC Party Room

Fee: FREE

See the backside for Presenter Bio

Park City Recreation

435-615-5400

www.parkcityrecreation.org



*A higher degree
of play*



pcrecreation

Lauren Lockey & David Swartz

Sage Mountain Animal Rescue



A passionate animal welfare advocate since childhood, Lauren Lockey grew up in Southwestern Ohio, where she spent most of her days around animals. During these years she developed a fond admiration for animals of all kinds, which influenced her decision to embrace a vegetarian diet at age 11. And now vegan for the last 5 years.

Lauren dedicated herself to doing volunteer work for animal activist groups. She walked door to door in many neighborhoods educating about issues such as animal testing in labs and the Bovine Growth Hormone in dairy cows.

Since relocating to Utah in 2002, Lauren has been active in local animal welfare issues through writing articles in newspapers, attending and speaking at council meetings, starting and signing animal welfare petitions, promoting plant-based nutrition through her personal training business, and played an integral role in a few horse rescue operations.

Lauren brings her passion and commitment for animal welfare issues, environmental sustainability, and health to the forefront of Sage Mountain Animal Rescue and within the community of Park City.



Leading by example through his compassionate way of living, Dave Swartz had his first glimpse of animal cruelty 14 years ago. The impact of that experience gave him the strong desire to generate greater awareness for animal welfare issues. Dave became vegetarian and then vegan and at one time had a vegetarian fast food restaurant in Salt Lake City with the objective of promoting compassionate and healthy eating. He offers keen business sensibilities coupled with the goal to grow Sage Mountain Animal Rescue into a leader in the animal welfare movement.