

FOR IMMEDIATE RELEASE: \_\_\_\_\_ 2018

**3RD ANNUAL BAYOU VEG FEST RETURNS TO COURTHOUSE SQUARE IN HOUMA, LA ON \_\_\_\_\_, 2018**

*Free family vegan festival in the beautiful Houma Historic District*

Houma, LA—On Sunday, \_\_\_\_\_ from (\_\_\_ am - \_\_\_ pm), hundreds of Louisiana residents will gather to celebrate Houma's 3rd annual Bayou Veg Fest. This year's Veg Fest promises to be bigger and better than ever, with a wider variety of activities, live music, and food vendors serving festival visitors tasty vegan-friendly, southern dishes.

With engaging cooking demonstrations, inspiring motivational speakers, and health professionals speaking on lifestyle choices and environmental issues, this festival offers all the information attendees need if they are living vegan, looking to live vegan, or just interested in living a healthier lifestyle in the deep south. Pet adoptions, health screenings, and an incredible children's area with face painting and crafts will also be available at the festival.

Festival founder and director, Leah Duncan, was raised as a vegetarian in Thibodaux, Louisiana, and knows the struggles of maintaining a compassionate lifestyle in the South with minimal local resources. Her goal of Bayou Veg Fest is to provide visitors the opportunity to try plant-based products from local businesses, and educate them about the benefits of vegan and vegetarian dieting.

Bayou Veg Fest will take place at the Courthouse Square, 7850 W Main St, Houma, LA.

Admission is free and open to everyone.

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