

Approximately 250 people  
in D.C. are killed each year  
by violence.



Figures from the D.C. Department of Health.



Approximately 1,500 people  
in D.C. are killed each year  
by heart disease.

# Heart disease is the #1 killer in D.C. Protect yourself. Go vegetarian.

For your *free* vegetarian starter pack, contact COK at [www.TryVegan.com](http://www.TryVegan.com) or (toll-free) 1-866-MEAT-FREE.



**COMPASSION**  
**OVER KILLING**

Post Office Box 9773  
Washington, DC 20016  
[www.TryVegan.com](http://www.TryVegan.com)

**W**hile some think of crime and D.C. as going hand-in-hand, **D.C. residents have more to fear from the foods we eat than we do from violent criminals.** Diets high in animal products significantly contribute to heart disease, and becoming vegetarian offers great protection against it. *Request your free vegetarian starter pack today!*