



FOR IMMEDIATE RELEASE

15th Annual Veggie Fest Chicago Returns to Lisle, IL August 9 & 10, 2025

2025-06-30

Lisle, IL: One of North America's largest and most celebrated vegetarian food and wellness festivals, Veggie Fest is gearing up for another incredible weekend of food, fun, and inspiration — and organizers expect another record-breaking year with over 40,000 people expected to attend the weekend event.

Join internationally recognized speakers such as:



Dr. Kenny Duggal, M.D.

What if every leaf you ate brought you one step closer to strength, balance, and vibrant health? In a world of quick fixes and fast fuel, real power still grows from the ground up. Join Dr. Kenny Duggal, M.D., expert in Physical Medicine & Rehabilitation, for a dynamic session on how plant-powered foods can help rebuild, restore, and re-energize your body — naturally. Discover how small, conscious choices rooted in nature can help you feel stronger from the inside out. This isn't just nutrition — it's nature's blueprint for strength.

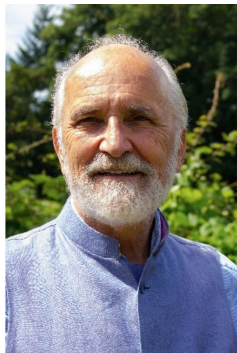
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Dr. Craig Liebenson, D.C.

Dr. Craig Liebenson, D.C., is a spine care and human performance expert. He will give a powerful talk on how to make your health span last your lifespan. Discover why living longer isn't enough—and how simple, smart choices can help you move better, feel better, and live better for years to come. You'll walk away with clear, practical tools to support your long-term well-being—starting that very same day. **Dr Liebenson is being sponsored by Steve & Kate Hlavac from Beyond Measure Fitness Training in Naperville.**



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Mr. Arran Stephens

Want to live longer — and feel better while doing it? A plant-powered lifestyle isn't just about food — it's about building a foundation for energy, vitality, and lifelong well-being. Join Arran Stephens, founder of Nature's Path Organic Foods, for a motivational talk on how plant-based living supports both longevity and vibrancy — helping you stay strong, active, and inspired at every age. Whether you're just curious or fully committed, discover how simple, natural choices can support a healthier, brighter future.

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Dr. Saraswati Sukumar, Ph.D.
Cancer is a reality many face — but prevention is within our reach. What if your daily choices could help protect you and your loved ones? Join world-renowned cancer researcher Dr. Saraswati Sukumar, Barbara B. Rubinstein Professor of Oncology at Johns Hopkins University, as she shares insight into the most common cancers we encounter — and offers simple, science-backed tools to reduce your risk. This is more than a talk — it's a chance to take charge of your health with confidence, compassion, and cutting-edge science.



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Additionally, other speakers will be presenting on all aspects of healthy living. <https://veggiefestchicago.org/schedule/#speakers>

Saluting the most popular food trend in the world today, these fests are growing exponentially. Veggie Fest Chicago has something for everyone!

- Great food at the international food court
- Live music from Chicago's best bands
- Vegetarian food demonstrations from chefs around the country
- Interactive children's tent
- Internationally recognized expert speakers on the health benefits of a plant-based diet
- Yoga and meditation
- 75+ vendors on healthy living

Come celebrate Veggie Fest with family and friends and enjoy a fun-in-the-sun weekend at the park.

Event Details:

Location: Danada South Park at Navistar Circle, Lisle, IL 60532

Dates: August 9 & 10, 2025

Time: 11:00 AM – 8:00 PM each day

Free Admission

Parking: Free

Contact information: Jonathan Kruger

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More information about Veggie Fest 2025:

<https://veggiefestchicago.org/#>

Click below to watch a video and experience the joy and excitement of Veggie Fest!

With tons of fun for the whole family, don't miss out on the 15th Anniversary of Veggie Fest!

Youtube

<https://youtube.com/embed/HKqSMaryv5o>

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Jonathan Kruger

Contact

Veggie Fest 2025

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**Institute for
Meditation and
Inner Harmony**

