MIRACLES OF A PLANT-BASED DIET

A PRESENTATION BY

GRACE CHEN, MD

ast year, Dr. Chen explored how some of the common chronic diseases, such as diabetes and heart disease, can be treated with lifestyle changes. This year, she will speak about her experiences working with patients at 'Ekahi Health System's Dr. Ornish's Program for Reversing Heart Disease™. In addition, she will delve into some of the less well-known benefits of a plant -based diet. She will talk about arthritis and other auto-immune diseases, such as asthma and skin conditions in this lecture.

LECTURE DATES:

TUESDAY, JULY 12, 2016, 7 P.M. ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY ACROSS FROM THE CHEVRON STATION)

MAUI: THURSDAY, JULY 14, 7 P.M. CAMERON CENTER, 95 MAHALANI ST., WAILUKU

6-8 P.M., WEDNESDAY, JULY 13 YOU'RE INVITED TO ENJOY A VEGAN DINE-OUT WITH DR. GRACE CHEN AT SIMPLE JOY VEGETARIAN CUISINE 1145 S. KING ST., HONOLULU

PARK ON STREET (BEFORE 6:30 P.M.: ON PIIKOI OR PENSACOLA ST. AFTER 6:30 P.M.: S. KING ST.) OR IN SMALL LOT BEHIND RESTAURANT.

Dinner includes a summer roll and choice of entrée below:

1. Vegetable Lasagna 2. Eggplant Tofu with brown rice GF

3. Sizzling Pancake with bean sprouts, mushrooms, & broccoli GF

4. Veggie Feast - pan fried (bean curd) and sauteed mushrooms, garlic, and snow peas

\$17.50 (INCLUDES TAX AND TIP) — PAY cash or check at event.
Credit cards OK for 4 or more meals on same bill.
TO RSVP, PLEASE CALL (808) 591-9919 WITH YOUR CHOICE OF ENTRÉE.

NOTE: ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.



Vegetarian Society of Hawaii

Join us!

For more info call (808) 944-VEGI (8344) or visit VSH.org.



race Chen, MD, is a Gboard-certified emergency physician with a special interest in lifestyle medicine. After observing many preventable chronic diseases in the emergency room, she was inspired to create a website: 365 Days of Graceful Living at graceinhawaii.com, dedicated to educating people about how chronic diseases can be prevented through lifestyle changes. She films her YouTube videos in the beautiful outdoor environment of Hawaii. In her free time, she enjoys experimenting with new recipes, tending to her garden, swimming in the ocean, and scaling mountains! She also loves the serenity of practicing yoga.



OAHU & MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH ORGANIC AND NATURAL