

MIRACLES OF A PLANT-BASED DIET

A PRESENTATION BY

GRACE CHEN, MD

Last 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.

**FREE Admission
& Refreshments**

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