

STOP BLAMING YOUR GENES

A PRESENTATION BY

ROSANE OLIVEIRA, DVM, PHD

Dr. Oliveira will describe how a diet rich in fruits, vegetables, legumes, and whole grains changes the way genes are turned on and off to prevent or reverse obesity. A closer look into twin studies shows that, when it comes to weight and health, daily lifestyle choices matter.



Rosane Oliveira, DVM, PhD, is Founding Director of Integrative Medicine at the University of California Davis School of Medicine. She has over 20 years of experience as a molecular geneticist and has a special interest in nutritional genetics and genomics, which explore the interplay between diet and genes in the prevention of disease and promotion of health and longevity. She is a native of Rio de Janeiro, Brazil, and has lived in the US since 2003. For more information visit the UC Davis Integrative Medicine website: www.ucdim.com.

TUESDAY, MAY 10, 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, MAY 12, 7 P.M.

CAMERON CENTER, 95 MAHALANI ST., WAILUKU

Oahu & Maui refreshments are courtesy of Down to Earth.

MONDAY, MAY 9, 6-7:30 P.M.

CASTLE MEDICAL CTR, WELLNESS CTR, 640 'ULUKAHIKI, KAILUA

100 AND HEALTHY

Dr. Oliveira explains how a whole food, plant-based diet changes the way genes are turned on and off to promote longevity. A closer look into the Mediterranean diet reveals why it works. (Hint: It is not the fish, the olive oil, or the wine!)

Healthy light refreshments provided by Castle Medical Center.

Free and open to the public, but registration is required:

Go to <http://castle-med.org> or call (808) 263-5400.

6-8 P.M., WEDNESDAY, MAY 11

**YOU'RE INVITED TO DINE OUT
WITH DR. ROSANE OLIVEIRA**

MOA WELLNESS CENTER

600 QUEEN ST., C-2 (GND FLR), HONOLULU, FREE
CUSTOMER PKG (ENTER FROM SOUTH ST), OR STREET
PKG. DINING VENUE ENTRANCE FACES SOUTH ST.

ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.

VEGAN MENU BY CHEF ORI ANN LI

•MEDITERRANEAN BEAN SALAD IN SESAME TOFU
DRESSING, •DAIKON, CASHEWS & TEMPEH SOUP,
•STEAMED TARO & STICKY RICE WRAPPED IN
BANANA LEAF, •CHOCOLATE MOUSSE IN COCONUT
CREAM WITH PASSION FRUIT COULIS.
MENU IS OIL-FREE.

**\$20 (ALL INCLUSIVE), TO RSVP AND PREPAY, GO TO
WWW.VSH.ORG/DINEOUTS OR CALL (808) 445-9920.**

FOOD SENSITIVITIES NOTE: G-F AT SPECIFIC REQUEST



Vegetarian Society of Hawaii

Join us!

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

**FREE Admission
& Refreshments**