"Strong Bones for Life"

A presentation by

Paulette Chandler, M.D.

Is continuous bone loss an inevitable outcome of aging? What can you do to reduce your risk of fractures and bone loss? Although calcium is important for good bone health, bones need more than calcium. Sunlight, Vitamin D, exercise, and a diet rich in fruits and vegetables are necessary for strong bones. A host of nutrients—Vitamin C, Vitamin K, potassium, and magnesium—found abundantly in fruits, vegetables, and other plant foods, have been shown to promote bone health. Also, what's good for the bones is good for the heart. Bone health mirrors cardiovascular health. Explore the lifestyle you need to build strong bones for life.

Tuesday, August 11, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave.
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

Maui — Dr. Chandler will also be speaking on Maui on Friday, August 14th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

Paulette Chandler, M.D., M.P.H. is an associate physician in Internal Medicine at Brigham and Women's Hospital in Boston and a clinical instructor in the Department of Medicine at Harvard Medical School. As founder and director of Natural Healing Pathways, a holistic lifestyle coaching organization, she educates individuals about the benefits of a plant-based diet, exercise, stress management, and other lifestyle habits that unite mind, body, and spirit to prevent disease and enhance wellness.

Vegetarian Society of Hawaii

Join Us!

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

FREE Admission & Refreshments