

HOW NOT TO DIE

A PRESENTATION BY

MICHAEL GREGER, MD

Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability.

7 P.M., TUES., OCT. 11, 2016

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

MAUI: THURSDAY, OCTOBER 13, 7 P.M.

CAMERON CENTER, 95 MAHALANI STREET, WAILUKU

*Vegan lecture refreshments courtesy
of Down to Earth Organic and Natural.*

**FREE Admission &
Refreshments**

WED., OCT. 12, 6-7:30 P.M.

**WELLNESS AND LIFESTYLE MEDICINE CENTER
CASTLE MEDICAL CENTER, 640 'ULUKAHIKI ST., KAILUA**

Healthy light vegan refreshments provided by CMC.
Free and open to the public, but registration is required:
<http://castle-med.org> or call (808) 263-5400.

LECTURES FOR CLINICAL PROFESSIONALS

TUES., OCT. 11, 12:30-1:30 P.M., CASTLE MEDICAL CTR.
CME lecture. Free. For info & to register: (808) 263-5382

WED., OCT. 12, TRIPLER ARMY MEDICAL CTR. TAMC staff only.

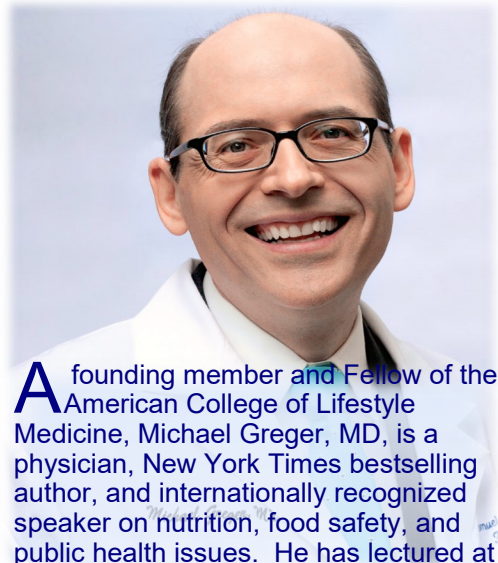
Lectures & dine-out are on Oahu, except for Oct. 13 Maui lecture.



Vegetarian Society of Hawaii

Join us!

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



A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Currently Dr. Greger serves as the Director of Public Health and Animal Agriculture at The Humane Society of the United States. His latest book *How Not to Die* became an instant New York Times Best Seller. More than a thousand of his nutrition videos are freely available at NutritionFacts.org, with new videos and articles uploaded every day.

MON., OCT. 10, 6-8 P.M.

**VEGAN DINE-OUT WITH
DR. GREGER AT PEACE CAFÉ**
2239 S. KING ST., HONOLULU

Miso Soup with vegetables and
choice of 1 entrée (details at vsh.org):

- 1) Barbecue Tempeh Plate with coleslaw, brown rice, green salad, corn bread.*
- 2) Tex Mex Plate: black beans, quinoa, spicy corn salsa, fresh veggies, cilantro, on INDIANLife tortilla.
- 3) Popeye Plate: miso-tahini spinach & tofu, fresh extra veggies, aioli & brown rice.*

\$19.05 (INCLUDING TAX & TIP)
PRE-PAYMENT REQUIRED.

**TO RSVP, PAY AND SPECIFY ENTRÉE
CALL (808) 951-7555. *GF**

PROCEEDS GO TO RESTAURANT, NOT TO VSH.