Daily Dose of Natural Medicine
A PRESENTATION BY
MIKI PURRELL, MD

A ‘Daily Dose of Natural Medicine’ is Dr. Miki Purnell’s recommendation for people who wish to prevent chronic illness, including chronic pain. It consists of a plant-based, anti-inflammatory diet, activity recommendation, and mindfulness practice. It is a simple DIY mind-body-spirit care. “Healthy eating” is very personal, and not all the foods are the same due to food alteration processes. Dr. Purnell would like to engage, empower, and encourage participants to do this simple practice for their health.

TUES., MAR. 14, 2017, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
OAHU: 404 KAPIHULU AVE., HONOLULU
(At end of 0.2 mi. driveway between the Waikiki-Kapahulu Library and golf course—across from the Chevron station)
MAUI: THURSDAY, MARCH 16, 7 P.M.
VELMA MCVAYNE SANTOS COMMUNITY CENTER
395 WAENA STREET, WAILUKU

VEGAN DINE-OUT WITH DR. MIKI PURRELL
WEDNESDAY, MARCH 15, 5:30-7:30 P.M.
GREENS & VINES RESTAURANT, 909 KAPIOLANI BLVD., HONOLULU
CORNER OF WARD AVE. & KAPIOLANI BLVD., ON GROUND FLOOR
PARK AT NEAL BLAISDELL CTR. (ENTER FROM KING ST., LOT WILL CLOSE ABOUT 7:45 P.M.), NEARBY STREETS (NOT ON PRIVATE ONES, E.G., WAIMANU), OR, IF YOU HAVE MOBILITY ISSUES, USE ONE OF THE FEW PLACES BEHIND RESTAURANT.
$17.55 INCL. TAX & TIP. TO RSVP & PREPAY, CALL (808) 536-9680.

GOURMET RAW VEGAN MENU
NOT TUNA SANDWICH, CHINESE PIZZA w/ MACADAMIA NUT SPREAD ON SPROUTED SEED CRACKER w/CILANTRO, KAFFIR MISO PAD THAI SALAD, LIVING LASAGNA-1/2 PIECE,
WICKED CHOCOLATE TART OR CHEEZ CAKE.GF
NOTE: DINE-OUT PROCEEDS GOES TO MEAL PROVIDERS, NOT TO VSH.

Vegetarian Society of Hawaii
Join us!
For more info: call 944-VEGI (8344) or visit www.vsh.org.

Oahu and Maui lecture vegan refreshments courtesy of Down To Earth.

FREE Admission & Refreshments