Inflammaging:
How Chronic Low-Grade Inflammation is at the Root of Cellular Aging and Results in Chronic Disease

A VSH presentation by
Irminne Van Dyken, MD

Tuesday, Dec. 12, 2017, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave., Honolulu (Oahu)
(at end of 0.2 mi. driveway between Waikiki-Kapahulu Library & golf course—across from the Texaco station)

Maui—Thursday, December 14, 7 p.m.
Mayor Hannibal Tavares Complex, 91 Pukalani St., Pukalani

Learn about the connection between inflammation and cellular aging with Dr. Van Dyken. She will discuss the science behind how chronic low grade inflammation results in many chronic diseases suffered by people today such as diabetes, obesity, dementia and many cancers. She will then discuss the latest scientific research exploring the connection between our dietary choices and inflammation levels in our body.

Wednesday, December 13, 6 - 8 p.m.
Dine-Out with Dr. Irminne Van Dyken!
‘Umeke Market, 1001 Bishop St. (enter from Hotel St.) Park across street (Alakea) at Municipal lot inside of Alii Place


$22 (total). To RSVP & Prepay, email rob@umekemarket.com (Subject: VSH Dine-Out) with # of people. Reply will give a link to pay online. Questions? Call (808) 522-7377.

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

Honolulu and Maui lecture refreshments donated by Down to Earth.