

DELAYING DEATH AND AVOIDING DISABILITY

A VSH PRESENTATION BY
DON FORRESTER, MD, FACPE

TUES. JUNE 12, 2018, 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, JUNE 14, 7 P.M.—FREE LECTURE
KIHEI COMMUNITY CENTER, 303 E. LIPOA ST., KIHEI

Learn a new perspective and information on how you can prevent and reverse significant chronic conditions. Dr. Forrester reviews important concepts from the fields of engineering, medicine, quality improvement, human learning, sustainability and complex systems. Combining these concepts with the best science, he focuses on diabetes, weight loss, high blood pressure and dementia. Learn the distinction between “normal” and “healthy” and get a new “prescription” for delaying death and avoiding disability.

WEDNESDAY, JUNE 13, 6-8 P.M.

YOU'RE INVITED! DINE-OUT WITH DR. FORRESTER
Ethiopian Love, 1112 Smith St., Honolulu

Street parking, or nearby lots, incl. Smith & Beretania municipal lot (after 5: 50¢/1/2 hr. \$3 max—enter on N. Beretania, exit on N. Pauahi).

Menu: The Large Veggie Platter with an array of six or more deliciously spiced Ethiopian vegetables, stews, and salads served over injera bread (or quinoa upon request.)

\$24.09 (incl. tax & tip) pay at restaurant. Cash or credit card.

Advance Reservations Requested (some walk-ins OK).

Reserve at <http://www.ethiopianlovehi.com/reservations/>

Note: Dining event only. Proceeds go to the restaurant, not to VSH.

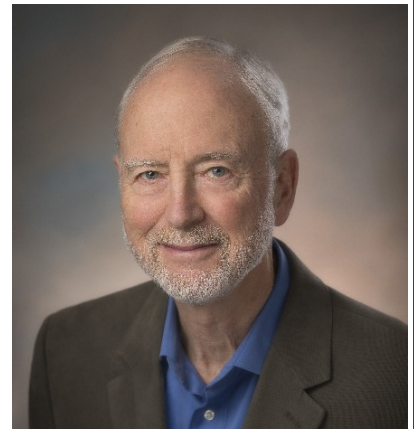


Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

OAHU AND MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH.



Don obtained his undergraduate Chemical Engineering degree from Lehigh University; his medical degree from Georgetown University; and completed his residency in Family Medicine in Sacramento. He is board certified in Family Medicine, a fellow with the American College of Physician Executives and a graduate of Intermountain Healthcare's Advanced Training Program in quality improvement.

He practiced with The Permanente Medical Group in Sacramento from 1978 to 2008 while also serving in a variety of leadership positions. Since 2008 he has done research, writing and presentations on the prevention and reversal of chronic conditions.

He provided the clinical care for EarthSave's Meals for Health programs in Sacramento and Berkeley. Currently, he serves as the Chief Medical Officer for Switch Healthcare. He is a part-time staff physician at the McDougall clinic and serves on the board of NutritionFacts.org. He and his wife Beth live in Sacramento, CA.

FREE Admission & Refreshments