

THE PILLARS OF HEALTH: YOUR FOUNDATIONS FOR LIFELONG WELLNESS

A VSH PUBLIC PRESENTATION BY
JOHN PIERRE

TUES. 7 P.M. Nov. 13, 2018

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF DRIVEWAY BETWEEN
GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY)

THURSDAY, NOVEMBER 15, 7 P.M.— MAUI
KIHEI COMMUNITY CENTER, 303 E. LIPOA ST., KIHEI

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

Learn the four solid principles that provide everyone with a strong foundation for lasting, lifelong well-being. John Pierre will share practical life-enhancing modalities and easy-to-implement information that will get everyone on the path toward attaining and maintaining vibrant health. He'll convey tips and tricks that are fun, enjoyable, and doable. The presentation will include information about the benefits of wholesome, delicious plant-based foods, along with the importance of engaging and expanding our mind with cognitive fitness modalities to keep them sharp and clear. Additionally, John will demonstrate how challenging our body with joyous physical motion is imperative to our well-being and how to invite more movement into our daily life. Finally, John will share how embracing a loving and compassionate outlook will create the solid "pillars" that lead to lifelong wellness.



Nutrition and fitness consultant John Pierre has trained hard-core athletes, Hollywood celebrities, rock-stars, and Fortune 500 executives. Assisting a wide range of clientele and people of all backgrounds and fitness levels, John's passion is to help everyone. Credited as being one of the first pioneers in the U.S. to create "brain-building" classes that enhance cognitive fitness in our geriatrics community, 30 years of experience has provided John with a unique understanding and ability to help others with cognitive challenges. John Pierre was recently inducted into the North American Vegetarian Society Hall of fame, and continues to contribute widely to magazines and publications in the area of health and fitness. John is the author of several books, including: *The Pillars of Health*, and *Strong, Savvy, Safe*, available at www.johnpierre.com, and has starred in numerous health-promoting DVD's and online programs that reach countless individuals all over the world.



Vegetarian Society of Hawaii

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