

# PLANT STRONG: AVOID INFECTIONS WITH A PLANT-BASED DIET

A VSH PUBLIC PRESENTATION BY  
**GRACE O'NEIL, MD**



**TUES. 7 P.M.  
DEC. 11, 2018**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE &  
WAIKIKI-KAPAHULU LIBRARY)

**THURSDAY, DECEMBER 13, 7 P.M.— MAUI**

J. WALTER CAMERON CENTER, 95 MAHALANI ST., WAILUKU

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.**

**D**r. Grace O'Neil will speak about some of the infections that she sees in the emergency room. Topics include the common cold, urinary tract infections, and food poisoning. She will talk about how you can decrease your risk of contracting these illnesses with a plant-based diet. Learn about how micronutrients in plants can help you be plant-strong and resistant to disease!

**D**r. Grace Chen O'Neil is a board certified emergency physician who practices in Hawaii. She graduated from New Jersey Medical School and completed her residency in New York. She has been steadily making her way westward, and finally settled in Hawaii in 2013. She has been vegetarian for over 25 years and vegan for the last 9 years. After seeing many patients afflicted with chronic preventable diseases, she decided to start her own blog at [www.graceinhawaii.com](http://www.graceinhawaii.com) (365 Days of Graceful Living) to educate people about how lifestyle choices can improve quality of life.



**Vegetarian Society of Hawaii**

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