

IMPROVING HEALTHSPAN: TOOLS TO SLOW DOWN AGING

A VSH FREE PUBLIC PRESENTATION BY

IRMINNE VAN DYKEN, MD

**7 P.M., TUESDAY
OCTOBER 8, 2019**

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

7 P.M., THURSDAY, OCTOBER 10, 2019

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

**OAHU & MAUI REFRESHMENTS
COURTESY OF DOWN TO EARTH ORGANIC AND NATURAL**

**ENJOY A VEGAN DINE-OUT
WITH DR. VAN DYKEN! — OAHU**

5:30 p.m., Wednesday, October 9

Simple Joy Vegetarian Cuisine, 1145 S. King St.

To RSVP by Oct. 8 (deadline — no walk-ins),
please text or call Carol before 9 p.m. at (808)728-6639.
\$20.70 (incl. tax & tip)

Meal includes a summer roll, and choice of entrée:

- 1) Thai Curry, 2) Veggie Feast,
- 3) Mixed Vegetables with Ginger or 4) Vegetable Lasagna.

Menu details at vsh.org.

Please note that proceeds go to meal provider, not to VSH.



Irminne Van Dyken MD, is a general and trauma surgeon who lives on Maui and works for the Hawaii Permanente Medical Group. She thoroughly enjoys her busy practice. It is especially rewarding for her to see her patients do a 180 and completely restructure their lives around plant based living - the changes are unprecedented.

Dr. Van Dyken is a fellow of the American College of Surgeons. She is also the first physician on Maui (and first surgeon in Hawaii) to be board certified by the American College of Lifestyle Medicine, which she obtained in October 2018. She is also a member of the American Society of Breast Surgeons, the Society for Endoscopic and Gastrointestinal Surgeons, and the Southwestern Surgical Society.

In her spare time Dr. Van Dyken loves yoga, photography, sailing, cycling and playing various musical instruments including the guitar, ukulele and violin. She shares her life with her husband Russell, 16-year-old dog Chaucer, 2-year-old dog Watson, and two cats. She has been vegetarian since she was 9 years old and strictly plant-based since 2010. She is a board member of the Vegetarian Society of Hawaii and has a passion for educating others and sharing the benefits of healthy plant-based living. She and her husband Russell created "Out of the Dol-drum" - a YouTube Channel and online presence promoting healthy, active, plant based living (on Instagram, Facebook and YouTube).



Vegetarian Society of Hawaii

Join us!

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

**FREE Admission
& Refreshments**