

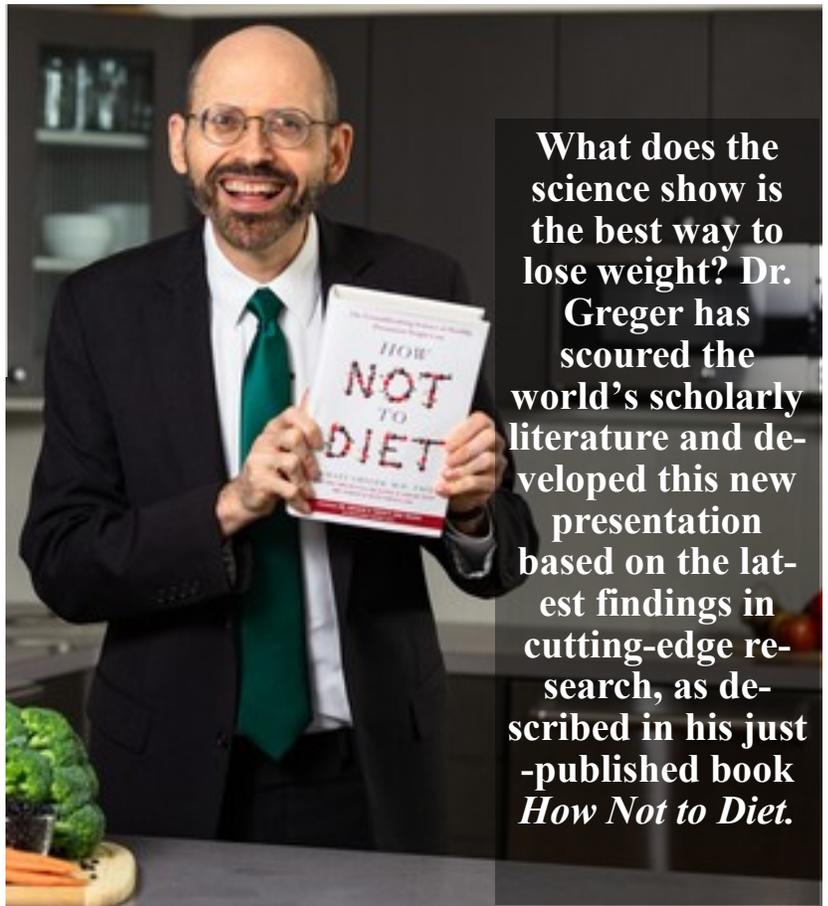
How Not to Diet: Evidence-Based Weight Loss

A VSH FREE PUBLIC PRESENTATION
BY
MICHAEL GREGER, MD

7 P.M., TUES. FEB. 11
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU

ALSO AT 7 P.M., THUR., FEB. 13
KIHEI COMMUNITY CENTER
303 E. LIPOA ST, KIHEI ON MAUI

OAHU & MAUI REFRESHMENTS COURTESY
OF DOWN TO EARTH



What does the science show is the best way to lose weight? Dr. Greger has scoured the world's scholarly literature and developed this new presentation based on the latest findings in cutting-edge research, as described in his just-published book *How Not to Diet*.

Dr. Greger will also be speaking on: (to limited audiences)
How Not to Die: Preventing and Treating Disease with Diet
12 noon, Tues., February 11. John A. Burns School of Medicine, Honolulu. Open to medical students and faculty.
How Not to Diet: Evidence-Based Weight Loss
7 a.m., Wed., February 12. Tripler Army Medical Center, Honolulu. Physician grand rounds.

You're Invited to Dine Out with Dr. Greger! 5-7 p.m., Monday, February 10, 2020—Oahu Down to Earth, 573 Kailua Road, Kailua

Everyone's welcome!

\$5 ticket: includes seating for one, a vegan dessert & beverages.

Main meal: Pay only for the food you choose from an extensive array of fresh & tasty vegan choices at DTE's hot and cold deli bars!

VSH members can also enjoy 5% off their hot and cold deli choices.

To RSVP & buy your \$5 ticket: Go to vsh.org/dineout or <https://d2e.co/gregerdineout>. Questions? Call (808) 944-8344.

Note: Dining event only. Dining proceeds go to meal providers, not to VSH.

A founding member and fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial.

In 2017, Dr. Greger was honored with the ACLM Lifestyle Medicine Trailblazer Award. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. His book *How Not to Die* became an instant New York Times best seller and his latest book *How Not to Diet* is projected to follow suit. His videos on more than 2,000 health topics freely available at NutritionFacts.org, with new videos and articles uploaded every day. He donates all proceeds from his books, DVDs, and speaking engagements to charity.



Vegetarian Society of Hawaii

Join us!

For more info: call (808) 944-VEGI (8344) or visit www.vsh.org.