



EAT UP, SLIM DOWN, AND GET HEALTHY

A FREE LIVE ONLINE VSH PRESENTATION BY

CHEF AJ

Learn from longtime vegan Chef AJ about healthy eating for optimal weight and health!

Chef AJ has been devoted to a plant-exclusive diet for nearly 45 years. She was the host of the television series Healthy Living with CHEF AJ which aired on Foody TV. A chef, culinary instructor and professional speaker, she is the author of three bestselling books, The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction and Lose Weight Without Going Hungry, Own Your Health and The 10th Anniversary Edition of Unprocessed, all which have received glowing endorsement by many luminaries in the plant based movement.

Chef AJ was the Executive Pastry Chef at Santé Restaurant in Los Angeles where she was famous for her sugar, oil, salt and gluten free desserts which use the fruit, the whole fruit and nothing but the whole fruit. She broad-

SUNDAY, DECEMBER 11, 2022

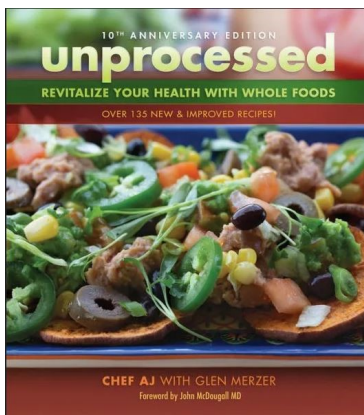
12 NOON HST (2 P.M. PST, 5 P.M. EST)

YOU'RE WELCOME TO ATTEND THIS FREE ZOOM LECTURE FROM WHEREVER YOU ARE!

PLEASE ADJUST START TIME FOR YOUR TIME ZONE.

GO TO [VSH.ORG/ZOOM](https://vsh.org/zoom)

WHEN THE TALK STARTS (LATECOMERS WELCOME, TOO!) & CLICK ON THE ZOOM LINK TO JOIN VIA YOUR SMARTPHONE, TABLET, OR COMPUTER; OR USE THE DIAL-IN NUMBERS LISTED THERE TO JOIN BY PHONE.



casts CHEF AJ LIVE! on YouTube, Facebook, and Twitter daily. She is the creator of the Ultimate Weight Loss Program, which has helped hundreds of people achieve the health and the body that they deserve and is proud to say that her IQ is higher than her cholesterol. In 2018 she was inducted into the Vegetarian Hall of Fame.



Vegan Society of Hawaii

Human Health, Animal Rights & Protection of the Environment

A 501(c)(3) nonprofit educational, all-volunteer organization since 1990. For info, to donate, to volunteer, or to join

Call (808) 445-9920 or visit www.vsh.org.