

BEING VEGAN WITH PERSIA WHITE

A LIVE ONLINE VSH EVENT
12 NOON HST, SUNDAY, JAN. 15

I will take you through my vegan journey: how I managed to influence almost every member of my family, my husband, and many friends to become vegan or vegetarian; what inspired me to become a vegan, and what helped me stay vegan. I'll talk about the award-winning film *Earthlings*, and the impact of working on it for me and the people in my life. I'll explain the benefits of eating a plant-based diet physically, emotionally, and creatively, and how the power of plants has affected my artistic health and slowed the effects of aging on my body. I'll take a look at the connection between how we treat animals and our earth, and the impact it has had on society as a whole. Above all, I hope to inspire those who are considering transitioning to a vegan diet or are already on a journey to a plant-based diet; and help you to navigate family, friends, and travel as a healthy vegan.

Actress, musician and filmmaker, Persia White is well known for her eight years as a series regular in the award-winning TV series *Girlfriends*, as well as for her recurring role on the hit TV show *The Vampire Diaries*. As a musician, Persia has worked with great artists such as Gary Wallis (of Pink Floyd), Dominic Miller (of Sting), Tricky (of Massive Attack), and Big Boi (of Outkast), to name a few. As a filmmaker, Persia co-produced the award-winning documentary *Earthlings* (narrated by Joaquin Phoenix), and has written and produced several award-winning independent film and television projects. Persia has been a vegan for over 25 years, and a lifelong advocate for human, environmental and animal welfare. She received a Humanitarian of the Year Award in 2005 from PETA, and has sat on the board of directors for the Humane Society of the United States (8 years), and for the Sea Shepherd Conservation Society with Captain Paul Watson, working to protect the world's oceans, and the creatures who dwell in them.

SUNDAY, JANUARY 15, 2023

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://www.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.**



**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 or to join (and enjoy
member benefits!)**

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



**Scan for info and to join this
Zoom event!**

