

EAT UP, SLIM DOWN, AND GET HEALTHY

A FREE LIVE ONLINE VSH PRESENTATION BY

CHEF AJ

SUNDAY, APRIL 23, 2023

12 NOON HST (3 P.M. PDT, 6 P.M. EDT)

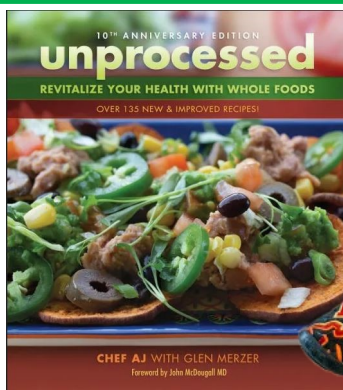
YOU'RE WELCOME TO ATTEND THIS FREE ZOOM LECTURE FROM WHEREVER YOU ARE!

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.

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 best-selling 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 Chef at Los Angeles was 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 and nothing but fruit. She broadcasts 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.

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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!

