

12 NOON HST, AUGUST 11
GO TO VSH.ORG/ZOOM

OPTIMIZING HEALTHSPAN

**WITH
JULIEANNA HEVER, MS, RD, CPT**

3 P.M. PDT, 6 P.M. EDT
SUNDAY, 8/11/24

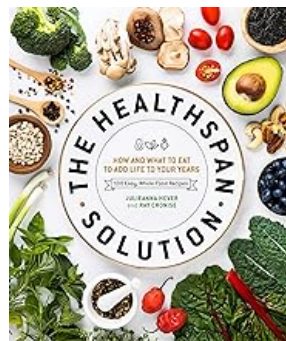
LECTURE FOLLOWED BY Q AND A.

PLEASE ADJUST START TIME FOR YOUR TIME ZONE.

FEEL FREE TO JOIN IN AT ANY TIME!

**APPLY THE CURRENT SCIENCE
OF HEALTHSPAN AND
LONGEVITY INTO YOUR DAILY
ROUTINE TO HELP YOU
ADD LIFE TO YOUR
YEARS!**

**LEARN THE POWER OF
DIET AND LIFESTYLE TO
REDUCE CHRONIC
DISEASE AND MAINTAIN
OPTIMAL HEALTH!**



Julieanna Hever, MS, RD, CPT, the Plant-Based Dietitian®, has authored *The Healthspan Solution*, *The Choose You Now Diet*, *The Complete Idiot's Guide to Plant-Based Nutrition*, *The Vegiterranean Diet*, and articles in the *Journal of Geriatric Cardiology* and *The Permanente Journal*.



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.

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OR IN HAWAII ON AKAKŪ TV, HŌ'IKE TV, OR
THE VEGAN TV SHOW AT 'OLELO CH. 54,
11 A.M. MOST SUNDAYS.**

**A VSH free live online
educational event**