

SATISFY YOUR SWEET TOOTH WITHOUT USING SUGAR

A FREE LIVE ONLINE VSH PRESENTATION BY

CHEF AJ

SUNDAY, NOVEMBER 24, 2024

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)

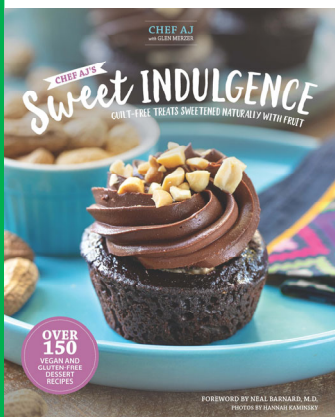
WHEN THE TALK STARTS (LATECOMERS WELCOME, TOO!) & CLICK ON THE ZOOM LINK TO JOIN VIA YOUR SMARTPHONE, TABLET, OR COMPUTER OR USE THE DIAL-IN NUMBERS LISTED THERE TO JOIN BY PHONE.



Chef AJ has been devoted to a plant-exclusive diet for over 47 years. A chef, culinary instructor and professional speaker, she is the author of four bestselling books including *Sweet Indulgence*, *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*

was famous for her and which use fruit and fruit. vision with aired on cast *CHEF AJ* Facebook, Instagram, and Twitter for over 4 creator of the *Program*, hundreds of 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.

sugar, oil, salt, gluten free desserts the fruit, the whole nothing but the whole She hosted the tele-series *Healthy Living CHEF AJ* which Foody TV and broad-LIVE! on YouTube, gram, and Twitter years. She is the *Ultimate Weight Loss* which has helped people achieve the health



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



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!

