

6:30 P.M. TUESDAY, FEB. 11, 2025

5:30 P.M. VEGAN REFRESHMENTS, 2ND FLOOR LANAI

UNLEASHING THE POWER OF PLANT-BASED DIETS

BRENDA DAVIS, RD



**ALA WAI GOLF COURSE
CLUBHOUSE BALLROOM
404 KAPAHULU AVE., HONOLULU**

- The evidence supporting the use of plant-based diets for the prevention and treatment of chronic diseases.
- Brenda Davis, RD's experience with using lifestyle medicine to treat type 2 diabetes in a randomized controlled trial
- Why plant-based diets afford protection.
- Practical guidelines for designing plant-based diets that are effective in preventing, treating, and reversing chronic diseases.

Brenda Davis, RD, is a plant-based trailblazer, internationally acclaimed speaker, and author of 13 plant-based books. Brenda was inducted into the Vegetarian Hall of Fame in 2007 and was the 7th recipient of the Plantrician Project's Luminary Award in 2022.

Directions: From Kapahulu Ave. enter driveway (located between golf course & Waikiki-Kapahulu Library). Go 0.2 mi. to 2-story clubhouse and go upstairs.

**Free Admission
& Refreshments!**

Refreshments
made possible
by the
generosity of
Down to Earth
Organic and Natural.



Everyone is welcome! If you wish, please feel free to wear a mask, and to sit comfortably apart from others. Suggest wearing fragrance-free products for your own health, as well as that of other attendees. If you miss any of our live VSH presentations, please see our community TV series Vegan or our video library at www.vsh.org.



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.

