

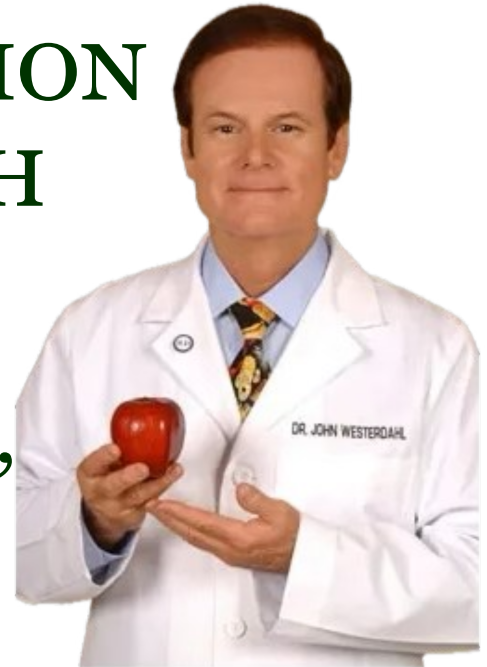
6:30 P.M. TUESDAY, APR. 14, 2026

ALA WAI GOLF COURSE CLUBHOUSE BALLROOM, 404 KAPAHULU AVE.

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

ANTI-AGING NUTRITION SECRETS FOR HEALTH AND LONGEVITY

JOHN WESTERDAHL, PHD, MPH, RDN



Discover the secrets of the World's healthiest and longest-lived people! Learn about the Blue Zones and the cultures of longevity where healthy people live to be over 100 years old.

Learn about the theories of aging and the science of anti-aging. Discover how to live longer and look younger through diet and nutrition.

Find the anti-aging super foods and the optimum diet for healthy aging.

Free Admission & Refreshments!

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

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



**ALSO ON MAUI — WED. 4/8/26
5:30 P.M. FOOD, 6:00 P.M. TALK
KAHULUI UNION CHURCH,
101 W KAMEHAMEHA AVE., KAHULUI**

Dr. John Westerdahl is the former Director of Wellness & Lifestyle Medicine and Nutritional Services at Adventist Health Castle Medical Center, Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, Past President of the Adventist Nutrition and Dietetics International Association, Past President of the Hawaii Nutrition Council, and Former Assistant Nutritionist to two-time Nobel Prize winning Scientist Dr. Linus Pauling at the Linus Pauling Institute of Science and Medicine.



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.



Please feel free to wear masks and/or sit comfortably apart from others. See many VSH presentations on TV or at vsh.org/videos.

Looking forward to seeing you! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.