

6:30 P.M. THURSDAY, MAY 14, 2026

**HONOLULU CENTRAL SDA CHURCH, 2313 NUUANU AVENUE
5:30 P.M. VEGAN REFRESHMENTS**

**HEALING
TOGETHER:
A CULTURALLY
GROUNDED
APPROACH**



The Hā‘ehuola Wellness Program

MALIA SMITH, EDD, & GABRIELLE SMYTHE

How plant-based food, community, and practical support can help individuals make lasting changes in their health!

A culturally grounded, food-is-medicine approach designed to support individuals living with pre-diabetes, diabetes, and other chronic conditions.

Directions: Go to the large bldg. behind the sanctuary. The meeting room, Fellowship Hall, is one floor down from the main level, either by stairs, or down a vehicle ramp from the mauka lot in the back.

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



Through plant-based meals, education, and community support, the program focuses on creating lasting, realistic changes that fit into everyday life.

Malia and Gabrielle will share insights from their work, including patient experiences, observed outcomes, and how small, consistent shifts in food and environment can lead to meaningful improvements in health and well-being.

<https://alohastatedaily.com/2026/03/09/mother-daughter-duo-lead-wellness-program-in-waimanalo/>



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.