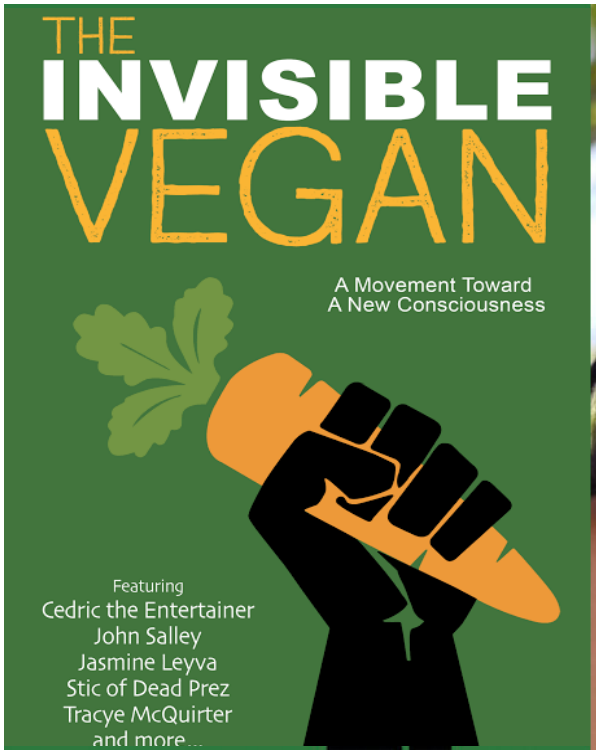
VEGAN SOCIETY OF HAWAII — OAHU

6:30 P.M. TUESDAY, NOV. 10, 2026

ALA WAI GOLF COURSE CLUBHOUSE BALLROOM, 404 KAPAHULU AVE.

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





- **This film is a wake-up call that is sure to inspire those of every background to make the switch!**
- **It follows the personal journey of filmmaker Jasmine Leyva, as she gets real about the problems with her own family's dietary choices and heads for a different path that leads to optimal health and longevity.**
- **It also explores the problems of unhealthy dietary patterns and food injustice in the African-American community, foregrounding the health and wellness possibilities enabled by plant-based vegan diets and lifestyle choices.**

Everyone is welcome! If you wish, please feel free to wear a mask, and to sit comfortably apart from others. See many of our VSH lecture presentations on our community TV Vegan *series, or at www.vsh.org.*

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

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

Down to Earth ORGANIC & NATURAL

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.

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