Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand new talk of the latest in cutting edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format.

Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand new talk of the latest in cutting edge research. Focusing on studies published just over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format.

**TUESDAY, APRIL 10, 7 P.M.**
**ALA WAI GOLF COURSE CLUBHOUSE**
**404 KAPAHULU AVE.**
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

Maui — Dr. Greger will also be speaking on Maui on Thursday, April 12th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

Vegetarian Society of Hawaii
Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.