It doesn't matter how old or young you are or how healthy or ill you are, everyone is welcome in the big vegan tent. Patti Breitman will share her 25+ years of vegan learning and living with you. Discover why raw vegans, paleo vegans, no sugar, salt or oil vegans, Main street vegans, and every other kind of vegan is on the right track. Climate change, animals lives, and your own good health are all affected every time you shop for groceries. Join Patti to hear how we can make a positive impact and create a priceless legacy.

Tuesday, December 9, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave., Honolulu
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron Station)

Dine-Out with Patti Breitman
Monday, December 8, 5:30 to 8 p.m.
Simple Joy Vegetarian Cuisine Restaurant
1145 S. King St., Honolulu
$15 incl. tax & tip, To RSVP and prepay: Call 591-9919
Vegan Dine-out Menu includes:
1/2 Order Summer Rolls, plus your choice of one entrée:
1) Vegetable lasagna, 2) Vegetable Clay Pot Sensation with Brown Rice, 3) Tropical Fried Brown Rice with Broccoli, or 4) Sizzling Pancake
For those with this sensitivity, all dishes except lasagna are gluten-free.
Please note that all VSH dine-out proceeds go to meal providers.

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.