
A Presentation by

Jack Norris, RD

Jack Norris, RD will be talking about the health benefits and concerns of a vegan diet. He will cover the findings of the large studies following thousands of vegetarians and vegans over time. He will also address nutrition concerns such as Vitamin B\textsubscript{12}, omega-3 fats, and soy, focusing on published studies.

Saturday, December 12, 7 p.m.
McCoy Pavilion
Ala Moana Beach Park

Jack Norris co-founded Vegan Outreach in 1993 and is currently the President. Vegan Outreach produces the booklet Why Vegan? (among many others) and has distributed over 10 million copies to date. Jack runs Vegan Outreach’s Adopt A College program which has directly handed a Vegan Outreach brochure to over three million students since it started in the Fall of 2003. In 2005, Jack was elected to the Animal Rights Hall of Fame. Jack is a Registered Dietitian. He earned a Bachelor of Science degree in Nutrition and Dietetics from Life University (Marietta, GA) in 2000 and performed a Dietetic internship at Georgia State University in 2000-2001. Jack is the author of Vitamin B\textsubscript{12}: Are You Getting It?, Staying Healthy On Plant-Based Diets, and other health articles found at VeganHealth.org and JackNorrisRd.com.

Vegetarian Society of Hawaii
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FREE Admission & Refreshments

Maui — Mr. Norris will also be speaking on Maui on Thursday, December 10th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.