

WEIGHT LOSS WITHOUT HUNGER — IS IT POSSIBLE? A PRESENTATION BY ELAINE FRENCH



The obesity statistics in the U.S. are shocking, and dozens of weight loss plans claim to have the solution. Is a high protein, low carb diet the answer?

Learn the truth about popular diet foods like rice cakes, air-popped popcorn, and fat-free crackers. Do they fill us up or only make us hungrier? Can we lose weight without counting calories? Do we have to exercise?

Discover which group of people has the lowest obesity rate in the country, and what they are eating. Choose the right foods to eat to fill your stomach and keep you satisfied for hours.

**SATURDAY, FEBRUARY 26, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK**

Ms. French will also be speaking on Maui: Thursday, February 24, 7 p.m., 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

Elaine French graduated from Willamette University, and was an international flight attendant for 33 years. She edited Dr. John McDougall's first books and taught cooking classes to his patients. She was a founder and the first president of the Vegetarian Society of Hawaii.

In 2002 she and her husband Jerry Smith moved to St. George, Utah and opened a vegan restaurant. For five years they created the menu, recipes, and meals for a weight loss spa. They also helped to found the Vegetarian Society of Utah, where they still serve as advisors.

In 2008, Elaine created the popular website vegan-weight-loss.com.

**FREE Admission &
Refreshments**