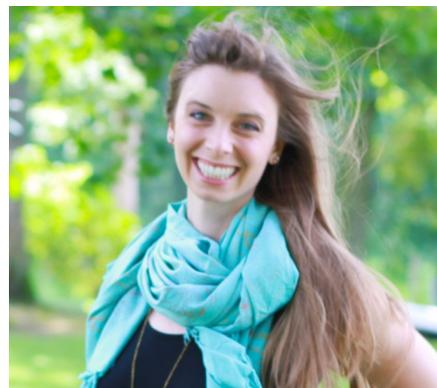


Neuroplasticity and the Brain-Heart Connection

A PRESENTATION BY
JENI SHULL, MD



The *brain-heart* is far more important than the *chest-heart*. Though the replaceable pump in our chest gets the most medical attention, it's the irreplaceable brain-heart that deserves our fullest attention. Come learn how living a whole-food, plant-based lifestyle promotes not only a healthy chest-heart but, much more importantly, a healthy brain-heart as well. You will learn how our lifestyle choices drive the remapping and rewiring processes constantly taking place in our amazing brain-heart. (Note: Dr. John H. Kelly, Jr., originally scheduled for this date, was recently injured in an ice skating accident in South Dakota and is unable to attend. Dr. Shull is an associate of Dr. Kelly and will give the same described presentation.)

Jeni Shull, MD, is a board certified Family and Preventive Medicine physician. She was born and raised in northern Indiana. During this time, she saw many family members become deathly ill from poor lifestyle choices. Her desire to see preventable diseases reversed fueled her career in medicine. She attended medical school at Indiana University and residency in Family and Preventive Medicine at Loma Linda University, where she also obtained a Masters in Population Medicine. As a resident she served as chief resident two years in a row, won first place in a local competition for her research on hypertension and spirituality, and was awarded the 2015 "Resident Teacher of the Year." In October she joined Dr. John Kelly at Black Hills Health and Education Center in South Dakota to become its first Lifestyle Medicine Fellow. Upon completion of this training, Dr. Shull will be working at the Cummins' Live Well Center in Columbus, Indiana, the largest occupation-based lifestyle medicine clinic.

TUES., JANUARY 12, 2016, 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)

WEDNESDAY, JANUARY 13, 6-8 P.M.
DINE-OUT WITH DR. SHULL AT
PEACE CAFÉ RESTAURANT
2239 S. KING ST., HONOLULU

The vegan dinner menu includes: Miso Soup with vegetables and a choice of one of the following entrees: 1) Barbecue Tempeh Plate: served with coleslaw, green salad, brown rice and corn bread (gluten free.) 2) Heart and Seoul with Tofu: bi bim bap with yuzu carrots, sesame kale, bean sprouts and miso dressing (gluten free.) 3) Tex Mex: fresh veggies, cilantro, quinoa, spicy corn salsa and black beans served over a sprouted wheat tortilla. For more complete information, go to VSH.org.

To RSVP AND PAY, CALL (808)951-7555.
\$17.25 (INCLUDES TAX AND TIP). CREDIT CARD OR CASH.
ALL DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.



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.