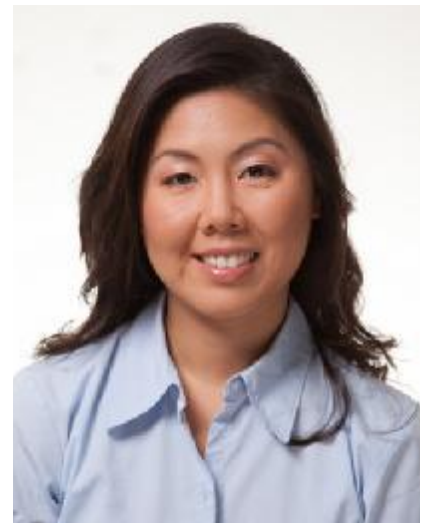


AVOID A TRIP TO THE ER WITH A HEALTHY VEGAN DIET

A PRESENTATION BY
GRACE CHEN, MD



Dr. Grace Chen will discuss common Emergency Room visit complaints. Some common complaints include abdominal pain, headaches, chest pain, fractures, infections, shortness of breath, and headaches. Unfortunately, many medications we prescribe for diseases have untoward side effects, resulting in even more emergency department visits. Many complaints can be ameliorated or completely eliminated by avoiding consumption of animal products. By eating a plant-based diet, people can avoid medication side effects and chronic disease and live a long healthy life.

Grace Chen, MD, is a board certified emergency physician who practices at Kuakini Medical Center. She grew up in New Jersey and obtained her undergraduate degree at Dartmouth College before returning to attend New Jersey Medical School in Newark. She completed her residency in New York before moving to California where she practiced for eight years. She always loved visiting Hawaii, and last year she decided to make Hawaii her home.

Dr. Chen has been a vegetarian for over 20 years and became a vegan five years ago. She is passionate about leading a healthy lifestyle that includes avoiding animal products and practicing yoga. She is a strong advocate of preventing chronic disease through diet and lifestyle changes.

TUESDAY, JULY 14, 2015, 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)

MONDAY, JULY 20, 6:30 TO 8 P.M.
DINE-OUT WITH DR. GRACE CHEN
COFFEELINE, 1820 UNIVERSITY AVE. (INTERSECTION W/ SEAVIEW AVE.)
1ST FLOOR OF ATHERTON YMCA ACROSS FROM UH MANOA
YMCA PARKING LOT ON METCALF ST. \$3, OR FREE STREET PARKING AFTER 6 P.M.

**VEGAN MENU: SUMMER ROLLS WITH DIPPING SAUCE,
VEGGIE GINGER LO MEIN WITH RICE NOODLES,
TOFU "BEEF" BROCCOLI, PINEAPPLE FRIED RICE,
COCONUT-GINGER ICE CREAM, TEA**

\$15, \$5 AGES 8-12, FREE AGES 0-7 (INCL. TAX & TIP)

**TO RSVP AND PREPAY TO THE MEAL PROVIDER:
GO TO WWW.VSH.ORG/DINEOUTS, OR CALL (808)531-1929**

SENSITIVITIES NOTE: G-F

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.