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.

**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 AHERTON 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.