JOHN WESTERDAHL, PH.D.

PRESENTS

THE POWER OF PLANT FOODS IN ANTI-AGING & LIFESTYLE MEDICINE

- Learn about the anti-aging, healing, and preventive properties of key plant foods.
- Learn about the power foods you should include in your diet everyday.
- Learn about how a plant-based, ideally vegan diet, can effectively prevent, treat, and even reverse serious health problems.
- Learn why Hippocrates, the father of modern medicine said, "Let food be your medicine, and medicine be your food." Lifestyle Medicine, which incorporates a diet based on plant foods, is the key to the medicine of the future.

TUESDAY, JUNE 9, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY - ACROSS FROM THE CHEVRON STATION)

Dr. Westerdahl will also be speaking on Maui: Friday, June 12, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

John Westerdahl, PhD, MPH, RD, CNS is the Director of the Bragg Health Foundation and the Director of Health Science for Bragg Live Food Products. He is an internationally recognized authority in the field of nutrition and wellness. Dr. Westerdahl is a Nutritionist, Registered Dietitian, Certified Nutrition Specialist, Master Herbalist, Board Certified Anti-Aging Practitioner, and Health Educator.

A graduate of Loma Linda University School of Public Health, Dr. Westerdahl's Bachelor of Science, Master of Public Health, and doctorate degrees are in the fields of food, nutrition, and health education. Previously, Dr. Westerdahl served as Director of Wellness & Lifestyle Medicine at Castle Medical Center in Kailua.

FREE Admission & Refreshments