

6:30 P.M. TUESDAY, JUNE 9, 2026

ALA WAI GOLF COURSE CLUBHOUSE BALLROOM, 404 KAPAHULU AVE.

5:30 P.M. VEGAN REFRESHMENTS ON 2ND FLOOR LANAI

NOURISHING PARADISE:

THE WHOLE-FOOD PLANT-BASED LIFESTYLE THAT
CHANGED MY LIFE



WITH **LILLIAN CUMIC**

Join Chef Lillian Cumic for an inspiring presentation on the complete diet and lifestyle transformation that helped her lose 30 pounds and reclaim her health through a whole-food, plant-based lifestyle.

Lillian will share the exact changes she made — including the foods she eats, daily habits, mindset shifts, kitchen essentials, shopping tips, and healthy routines that became the foundation of her wellness journey. She'll also reveal many of the personal “secrets” that helped her successfully sustain this lifestyle long-term.

Lillian is a Hawaii-based plant-based chef/coach, cooking instructor, food photographer, model, and author of *Hawaii A Vegan Paradise*, *Hawaii Vegan Style*, and *Hawaii Washoku*. She is also a columnist for the Crave section of the Honolulu Star-Advertiser and currently representing Honolulu as Mrs.

Honolulu in the Mrs. Hawaii State Pageant on July 2nd. Learn more about her and her books

at [lilliancumic.com](https://www.lilliancumic.com/).

Lillian will be giving away a copy of one of her books! Bring your own copies for her to sign, or let her know if you'd like her to bring any for you, as well, at <https://www.lilliancumic.com/>.

Everyone is welcome! If you wish, please feel free to wear a mask, and to sit comfortably apart from others. Suggest wearing fragrance-free products for your own health, as well as that of other attendees. See many of our VSH lecture presentations on our community TV Vegan series, or at www.vsh.org.

Directions: From Kapahulu Ave. enter driveway (located between golf course & Waikiki-Kapahulu Library). Go 0.2 mi. to the 2-story clubhouse and go upstairs.

Refreshments made possible thanks to the generosity of Down to Earth Organic and Natural.



Vegan Society of Hawaii

Human Health, Animal Rights & Protection of the Environment
A 501(c)(3) nonprofit educational, all-volunteer organization since 1990.

For info or to join (and enjoy member benefits!)
call (808) 445-9920 or visit www.vsh.org.

