

CHOOSING VEGETARIAN: A HOW-TO GUIDE FOR EATING HEALTHIER

A PRESENTATION BY

MICHAEL GREGER, M.D.

Choosing to eat vegetarian can be fun and easy! You've decided that the "whys" of a plant-based diet make sense, and now you need the "hows." Dr. Michael Greger gives a lively and entertaining multimedia presentation packed with practical advice on how to eat vegetarian or vegan, from meal planning to nutrition to the personal and social aspects of making the transition. Whether it's for you, your loved ones, the animals, or the Earth, Dr. Greger shows how vegetarian living is now easier than ever.

SAT., DEC. 9, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Dr. Greger will give three additional talks in Hawaii:

Thurs., Dec. 7, 7 p.m., Castle Medical Center, Kailua,
"Bird Flu: A Virus of Our Own Hatching?"

Call 263-5400 for reservations (required).

Sun., Dec. 10, 7 p.m., Seventh-Day Adventist Church,
Kapaa, Kauai, "Choosing Vegetarian"

Tues., Dec. 12, 7 p.m., Cameron Center Auditorium,
Wailuku, Maui, "Choosing Vegetarian"



Michael Greger, MD is a nationally recognized speaker on a number of important public health and social justice issues. He has been invited to lecture at countless universities, medical schools, and conferences around the world, including the Conference on World Affairs. He is a general practitioner specializing in clinical nutrition and a founding member of the American College of Lifestyle Medicine. He is author of *Carbophobia: The Scary Truth Behind America's Low Carb Craze* and the upcoming *Bird Flu: A Virus of Our Own Hatching?* Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

 **Vegetarian Society of Hawaii**

Over 2000 Members Strong—Join Us!

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

**FREE Admission &
Refreshments**