

“IN THE RAW: PRACTICAL ADVICE ON THE RAW FOODS DIET”

A PRESENTATION BY

Ruth Heidrich, Ph.D.

What is a raw foods diet? Is it the right diet for you? In this presentation you will discover the wonderful world of raw foods. You'll also find practical advice and useful tips on not only transitioning to a raw foods diet but happily staying with it.

SAT., OCT. 21, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Dr. Heidrich will also be speaking on Maui: Wed., Oct. 18, at 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



Ruth Heidrich, Ph.D. has been a raw foodist for more than seven years. She holds a doctorate degree in Health Management and is a certified fitness trainer. She is an eight-time Senior Olympics gold medalist, a six-time Ironman Triathlon finisher, and has held three age-group world records for fitness at the renowned Cooper Clinic in Dallas. She still competes in track, road races, and triathlons and has won more than 900 trophies and medals since her diagnosis of breast cancer in 1982. She is the author of *A Race For Life*, *The CHEF Cook/Rawbook*, several videos, and her most recent book, *Senior Fitness*.

Dr. Heidrich is a founding member and past-president of VSH.

FREE Admission & Refreshments