

Inflammaging:

How Chronic Low-Grade Inflammation is at the Root of Cellular Aging and Results in Chronic Disease

A VSH PRESENTATION BY

IRMINNE VAN DYKEN, MD

TUESDAY, DEC. 12, 2017, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU (OAHU)

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY &
GOLF COURSE—ACROSS FROM THE TEXACO STATION)

MAUI—THURSDAY, DECEMBER 14, 7 P.M.

MAYOR HANNIBAL TAVARES COMPLEX, 91 PUKALANI ST., PUKALANI

Learn about the connection between inflammation and cellular aging with Dr. Van Dyken. She will discuss the science behind how chronic low grade inflammation results in many chronic diseases suffered by people today such as diabetes, obesity, dementia and many cancers. She will then discuss the latest scientific research exploring the connection between our dietary choices and inflammation levels in our body.

WEDNESDAY, DECEMBER 13, 6 - 8 P.M.
DINE-OUT WITH DR. IRMINNE VAN DYKEN!

**‘UMEKE MARKET, 1001 BISHOP ST. (ENTER FROM HOTEL ST.)
PARK ACROSS STREET (ALAKEA) AT MUNICIPAL LOT INSIDE OF ALII PLACE**

VEGAN MENU: VEGAN MEAT SAUCE PASTA, GF CREAMY ALFREDO SAUCE, VEGAN GF MEATBALLS, FRESH BAKED GARLIC FOCACCIA BREAD, ORGANIC MIXED GREENS SALAD WITH DRESSING, GF / OIL FREE CHEWY OATMEAL CHOCOLATE CHIP KALO COOKIES.

**\$22 (TOTAL). TO RSVP & PREPAY, EMAIL ROB@UMEKEMARKET.COM
(SUBJECT: VSH DINE-OUT) WITH # OF PEOPLE. REPLY WILL GIVE
A LINK TO PAY ONLINE. QUESTIONS? CALL (808) 522-7377.**



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.



Irminne Van Dyken, MD, is a general and trauma surgeon at the Queen's Medical Center in Hawaii. She thoroughly enjoys her busy practice. It is especially rewarding for her to see the positive changes in her patients as they do a 180 and completely restructure their lives around plant-based living.

In her spare time, Dr. Van Dyken loves yoga, photography, sailing, cycling and playing musical instruments including the guitar, ukulele and violin. She shares her life with her husband Russell, 14-year-old dog Chaucer and two cats. She has been vegetarian since she was 9 years old, and strictly plant-based since 2010. She has a passion for educating others and sharing the benefits of healthy plant based living. She and Russell created "Out of the Doldrums" - a YouTube Channel and online presence promoting healthy, active, plant based living (on Instagram, Facebook and YouTube).

**FREE Admission
& Refreshments**

HONOLULU AND MAUI LECTURE REFRESHMENTS DONATED BY DOWN TO EARTH.