

BE YOUR OWN NUTRITIONIST

A PRESENTATION BY

WILLIAM HARRIS, M.D.



In this presentation, Dr. Harris cuts through the maze of contradictory diet recommendations to show how a few simple food rules and a little exercise will insure your best chances for good health.

TUESDAY, JULY 12, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

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

Maui & Kauai — Dr. Harris will also be speaking on Maui on Thursday, July 14th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia, and on Kauai on Sunday, August 7th at 12:30 p.m. at the Kapaa Neighborhood Center, 4491 Kou St., in Kapaa.



Vegetarian Society of Hawaii

Join Us!

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

A vegetarian since 1950, vegan since 1964, William Harris, M.D. is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco in 1963 and is the author of *The Scientific Basis of Vegetarianism*, now online free at http://www.vegsource.com/harris/book_contents.htm.

Last December he marked his 80th birthday with an 8-way parachute jump, his 1180th, at Pacific Sky Diving on Oahu.

**FREE Admission &
Refreshments**