

# “Thrive: Building Vitality on a Whole Food, Plant-Based Diet”

A PRESENTATION BY

## Professional Ironman Triathlete BRENDAN BRAZIER

**B**ased on his bestselling book, *The Thrive Diet*, Brendan Brazier will explain how to seamlessly incorporate a whole food, plant-based diet into your busy lifestyle, thereby reducing nutritional stress.

The reduction of nutritional stress will help you:

- raise energy and vitality without stimulants
- improve productivity and enhance mood
- increase lean muscle and reduce body fat
- reduce the visible signs of aging
- eliminate junk food cravings
- strengthen immune function
- boost muscle efficiency, strength, and bone density
- relieve inflammation and increase joint mobility

**TUESDAY, JUNE 10, 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 — Mr. Brazier will also be speaking on Maui on Friday, June 13th, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.**



**Vegetarian Society of Hawaii**

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For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)



**B**rendan Brazier is one of only a few professional athletes in the world whose diet is 100 percent plant-based. He's a professional Ironman triathlete, bestselling author on performance nutrition, and the creator of an award-winning line of whole food nutritional products called Vega. He is also a two-time Canadian 50 km Ultra Marathon Champion.

In 2006, Brendan was invited to address the U.S. Congress, where he spoke of the significant social and economic benefits that could be achieved by improving personal health through better diet. In 2007 Brendan returned to Capital Hill to lobby against the Farm Bill and was also named one of the most 25 Fascinating Vegetarians by *VegNews* magazine.

**FREE Admission & Refreshments**