

# WILL VEGANISM BRING YOU HEALTH, WEALTH & WISDOM?

A PRESENTATION BY

**ANNE DINSHAH**



**A**nne Dinshah utilizes a gentle, entertaining way of communicating, so everyone is inspired with friendly suggestions of how to help the animals, environment, and people. This lecture empowers audiences to learn about veganism, utilize “dynamic harmlessness,” and create potential to increase health, wealth, and wisdom.

**A**nne Dinshah coauthored the book *Powerful Vegan Messages* with her late father, H. Jay Dinshah, founder of American Vegan Society, updating his pioneering writings on compassionate living for today’s world. A professional rowing coach, Anne seems like “the girl next door” who just happens to be a lifelong vegan and can host a dinner party everyone enjoys. She has a BA in American studies from the University of Notre Dame and an MEd in sport administration from the University of Texas. Anne is the author of *Dating Vegans* and coauthor of *Apples, Bean Dip, and Carrot Cake: Kids! Teach Yourself to Cook*.

**TUESDAY, NOVEMBER 11, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**

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

**WEDNESDAY, NOVEMBER 12, 6-8 P.M.**

**GOURMET VEGAN DINE-OUT WITH ANNE DINSHAH**

**CHURCH OF THE CROSSROADS, 1212 UNIVERSITY AVE.**

AUTUMN WHITE BEAN SOUP, CARROT AND BURDOCK KINPIRA,  
BROWN & MOCHI RICE BLEND WITH HIJIKI SEA VEGETABLE GARNISH,  
COLLARDS AND CORN, PUMPKIN SPICE BARS WITH VANILLA TOFU  
CREAM AND FRESHLY GRATED NUTMEG, TEA  
\$20 (VSH MEMBER 10% DISCOUNT)

PLEASE RSVP & PREPAY:

EMAIL [MACROCOMMHI@HAWAII.RR.COM](mailto:MACROCOMMHI@HAWAII.RR.COM) OR CALL 845-2873

LAST SERVICE AT 7:30 P.M.

Dishes are gluten-free for those with this sensitivity.



**Vegetarian Society of Hawaii**

**Join Us!**

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

**FREE Admission  
& Refreshments**

Refreshments courtesy of Down to Earth.