

“HEALTHY WHOLE FOODS IN A FLASH”

A COOKING DEMONSTRATION BY

CHEF LESLIE ASHBURN

In our fast-paced society, we're all struggling to balance time spent working, as well as time spent enjoying relationships, family, and hobbies, while still having time to cook. It's no wonder we run to buy plate lunches or fast food, but our health and well-being suffer as a result. One of the obstacles people face when changing their diet and lifestyle is the impression that cooking with whole foods is difficult and time-consuming. Chef Leslie Ashburn will show you how easy it can be to make amazingly delicious and healthy food in a short amount of time.

SAT., OCT. 20, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Maui — Chef Ashburn will also be presenting on Maui on Tue., Oct. 23rd, 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



Trained in Japan, Leslie Ashburn is a vegan macrobiotic chef and cooking teacher in Honolulu. In addition to teaching at the University of Hawaii and Kapiolani Community College, she co-organizes the Macrobiotic Community Dinner and is the organizer for the on-line Vegan and Macrobiotic Meetup Groups. Her goal is to teach people that by changing to a diet focusing on whole foods, we can gain radiant health, energy, beauty, and well-being, and we can also live lightly and consciously on the Earth.

**FREE Admission &
Food Samples**