

# GETTING STARTED

A PRESENTATION BY

**WILLIAM HARRIS, M.D.**



In this presentation, Dr. Harris discusses the changes and simplifications he has made to [http://www.vsh.org/getting\\_started.htm](http://www.vsh.org/getting_started.htm), the introductory page he wrote for the Vegetarian Society website many years ago. With the explosion of dependable vegan websites and restaurants, the diet has become easier and the choices far greater. Working from 350 PowerPoint reference slides he will take questions from the audience on a wide spectrum of diet related issues.

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](http://www.vegsource.com/harris/book_contents.htm).

**TUESDAY, SEPT. 11, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE.**

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