

MICHAEL GREGER, MD PRESENTS FOUR OAHU LECTURES



Brimming with the latest research gleaned from the national vegetarian conference Summerfest, Dr. Michael Greger will be back in Hawaii to give four exciting lectures on Oahu on a variety of interesting topics. His leading edge information and unique and humorous presentation skills promise an entertaining and educational experience not to be missed.

TRANS FATS & ACRYLIMIDE: WHAT YOU DON'T KNOW MAY HURT YOU

**Thurs., Sept. 4, 7 p.m.
Castle Medical Center
Registration required: Call 263-5400**



OPTIMUM NUTRITION: NEW RESEARCH ON OMEGA 3S AND B₁₂

**Wed., Sept. 10, 7 p.m.
Ala Wai Golf Course Clubhouse*
(Regular VSH monthly meeting)**



UH MANOA LECTURES

CORPORATE GLOBALIZATION: TRADING AWAY OUR RIGHT TO PROTECT ANIMALS

**Fri., Sept. 5, 5 p.m.
Campus Center Building, Room #309**

GOING VEGETARIAN: A HOW-TO GUIDE FOR MAKING THE CHANGE

**Mon., Sept. 8, 5 p.m.
Campus Center Building, Room #309**

Michael Greger, MD is a nationally recognized speaker on a number of important public health and social justice issues. As Farm Sanctuary's chief investigator on mad cow disease, he debated the National Cattlemen's Beef Association director before the FDA and was invited as an expert witness to defend Oprah Winfrey in the infamous "meat defamation trial." He currently coordinates the mad cow disease website for the Organic Consumers Association. Dr. Greger lives in Boston and is a general practitioner specializing in vegetarian nutrition. He is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.



Vegetarian Society of Hawaii

Over 1400 Members Strong—Join Us!

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

**FREE
Admission**