

Get your Family to Love Plant-Based Whole Foods!

A VSH PRESENTATION BY

TIMAREE HAGENBURGER, MPH, RD

7 P.M. TUES. JULY 11, 2017

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU (OAHU)

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY AND GOLF COURSE—ACROSS FROM THE TEXACO STATION)

Do you feel like you are in a game of tug-of-war with your family when it comes to food choices? Are you being pulled by the kids whining about what is for dinner, while your parents are digging in their heels about eating the way they always have, despite failing health? Timaree will explain how her whole family transitioned and share tips and strategies to turn complainers into cheerleaders.

6-8 P.M. WED. JULY 12, VEGAN DINE-OUT

WITH TIMAREE HAGENBURGER!

SIMPLE JOY VEGETARIAN CUISINE

1145 S. KING ST., HONOLULU. PARK IN SMALL REAR LOT, OR NEARBY ON PIIKOI ST., PENSACOLA ST., OR—6:30 PM & LATER: S. KING ST.

VEGAN DINNER INCLUDES: 1 SUMMER ROLL (1/2 ORDER) PLUS CHOICE OF 1 OF THE FOLLOWING (DETAILS AT [VSH.ORG](http://vsh.org)):

1) EGGPLANT PARMIGIANA, 2) SIZZLING PANCAKE

3) SWEET & SOUR DELIGHT—VEGGIE STIR FRY, PINEAPPLE, BROWN RICE.

4) THAI CURRY—TOFU, VEGGIES, CREAMY COCONUT MILK & BROWN RICE.

\$18.75 CASH, PAY ON ARRIVAL. (FOR 3 OR MORE, CREDIT CARD OK)

RSVP NEEDED: CALL OR TEXT CAROL BEFORE 9 P.M.: 808-728-6639.

NOT A LECTURE EVENT. DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.

MAUI—THURSDAY, JULY 13, 7 P.M. FREE LECTURE

MAYOR HANNIBAL TAVARES COMPLEX, 91 PUKALANI STREET, PUKALANI



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.



Timaree Hagenburger MPH, RD, EP-c, is a full-time nutrition professor, professional speaker working in corporate wellness, and Certified Exercise Physiologist (ACSM). She has regular segments on California Bountiful TV, a monthly newspaper column, and a resource-rich website:

www.thenutritionprofessor.com.

She also authored *The Foodie Bar Way: One Meal. Lots of Options. Everyone's Happy.* (www.foodiebars.com).

Timaree cherishes opportunities to connect with those around her to share her knowledge and passion for food, physical activity and good health. Her style is both fun and practical, as she offers strategies and inspiration for finding pleasure in preparing and partaking in nourishing meals, because life is better when you "love the food that loves you back."

**FREE Admission
& Refreshments**

Oahu and Maui lecture vegan refreshments courtesy of Down To Earth.