

Happy Gut, Happy Life

A VSH PRESENTATION BY

GRACE CHEN O'NEIL, MD

TUESDAY, NOV. 14, 2017, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU (OAHU)

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

MAUI—THURSDAY, NOVEMBER 16, 7 P.M.

MAYOR HANNIBAL TAVARES COMPLEX, 91 PUKALANI ST., PUKALANI

Learn about the trillions of symbiotic micro-organisms that live in and on your body, especially about the bacteria in your gut. Dr. O'Neil will talk about how you can optimize your diet and lifestyle to improve the health of these micro-organisms, which in turn will improve your health so that you can live a long, happy, and healthy life!

VEGAN DINE-OUT WITH GRACE O'NEIL

FRIDAY, NOVEMBER 17, 6-8 P.M.

LOVING HUT RESTAURANT

1614 S. KING ST., HONOLULU, HI

MENU: 1/2 ORDER OF HEAVENLY SALAD, PLUS CHOICE OF 1 ENTREE: SWEET & SOUR HAPA, FABULOUS PHO, OR GURU CURRY.

\$21.51 CASH OR CREDIT CARD (INCL. TAX & TIP),

PLEASE PAY RESTAURANT AT EVENT BEFORE SITTING..

RSVP EARLY, BY 11/14 RECOMMENDED, VERY LIMITED SEATING, TEXT OR CALL CAROL BEFORE 9 P.M. AT (808) 728-6639.

(VSH DINE-OUT PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.)



Dr. Grace Chen O'Neil is a board certified emergency physician who practices on Oahu. She graduated from New Jersey Medical School and completed her training in New York. She has always loved Hawaii and decided to make Hawaii her home in 2013. Dr. O'Neil has been a vegetarian for more than 25 years and a vegan for the last 8 years. She advocates a plant-based diet for her patients to improve their health. In her free time, she blogs and creates videos about healthy living for her website 365 Days of Graceful Living (graceinhawaii.com). Dr. O'Neil also loves practicing yoga and preparing vegan treats in the kitchen.



Vegetarian Society of Hawaii

Join us!

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

**FREE Admission
& Refreshments**

HONOLULU AND MAUI LECTURE REFRESHMENTS DONATED BY DOWN TO EARTH.