

# NEVER TOO LATE TO GO VEGAN: WHY AND HOW TO MAKE THE SWITCH FOR A BETTER LIFE

A PRESENTATION BY

## PATTI BREITMAN



It doesn't matter how old or young you are or how healthy or ill you are, everyone is welcome in the big vegan tent. Patti Breitman will share her 25+ years of vegan learning and living with you. Discover why raw vegans, paleo vegans, no sugar, salt or oil vegans, Main street vegans, and every other kind of vegan is on the right track. Climate change, animals lives, and your own good health are all affected every time you shop for groceries. Join Patti to hear how we can make a positive impact and create a priceless legacy.

**TUESDAY, DECEMBER 9, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**DINE-OUT WITH PATTI BREITMAN**  
**MONDAY, DECEMBER 8, 5:30 TO 8 P.M.**  
**SIMPLE JOY VEGETARIAN CUISINE RESTAURANT**

**1145 S. KING ST., HONOLULU**

**\$15 INCL. TAX & TIP, TO RSVP AND PREPAY: CALL 591-9919**  
**VEGAN DINE-OUT MENU INCLUDES:**

**1/2 ORDER SUMMER ROLLS, PLUS YOUR CHOICE OF ONE ENTRÉE:**

- 1) VEGETABLE LASAGNA,**
- 2) VEGETABLE CLAY POT SENSATION WITH BROWN RICE,**
- 3) TROPICAL FRIED BROWN RICE WITH BROCCOLI,**
- OR 4) SIZZLING PANCAKE**

**FOR THOSE WITH THIS SENSITIVITY, ALL DISHES EXCEPT LASAGNA ARE GLUTEN-FREE.**  
**PLEASE NOTE THAT ALL VSH DINE-OUT PROCEEDS GO TO MEAL PROVIDERS.**

Patti Breitman is director of the Marin Vegetarian Education Group and a co-founder of Dharma Voices for Animals. She is on the advisory council of the Animals & Society Institute, an effective not-for-profit organization that brings science and knowledge together with ethics and compassion.

Patti has been a vegan since 1986 and has been teaching cooking classes for 15 years. She is the co-author of *How To Say No Without Feeling Guilty* and of *How To Eat Like a Vegetarian, Even If You Never Want to Be One*.

Her newest book, written with Carol J. Adams and Virginia Messina, RD, MPH, is *Never Too Late To Go Vegan; The Over-50 Guide to Adopting and Thriving On a Plant-Based Diet*.



**Vegetarian Society of Hawaii**

**Join Us!**

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

**FREE Admission  
& Refreshments**

Refreshments courtesy of Down To Earth.