

“VEGAN NUTRITION: WHAT DOES THE SCIENCE SAY”

A PRESENTATION BY

JACK NORRIS, RD



Jack Norris, RD will be talking about the health benefits and concerns of a vegan diet. He will cover the findings of the large studies following thousands of vegetarians and vegans over time. He will also address nutrition concerns such as Vitamin B₁₂, omega-3 fats, and soy, focusing on published studies.

Jack Norris co-founded Vegan Outreach in 1993 and is currently the President. Vegan Outreach produces the booklet *Why Vegan?* (among many others) and has distributed over 10 million copies to date. Jack runs Vegan Outreach's Adopt A College program which has directly handed a Vegan Outreach brochure to over three million students since it started in the Fall of 2003. In 2005, Jack was elected to the Animal Rights Hall of Fame. Jack is a Registered Dietitian. He earned a Bachelor of Science degree in Nutrition and Dietetics from Life University (Marietta, GA) in 2000 and performed a Dietetic internship at Georgia State University in 2000-2001. Jack is the author of *Vitamin B₁₂: Are You Getting It?*, *Staying Healthy On Plant-Based Diets*, and other health articles found at VeganHealth.org and JackNorrisRd.com.

SATURDAY, DECEMBER 12, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Maui — Mr. Norris will also be speaking on Maui on Thursday, December 10th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

 **Vegetarian Society of Hawaii**
Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments