

# VEGAN POTLUCK DINNER



**QUESTIONS AND ANSWERS  
WITH  
DR. STEVE BLAKE, SCD**

**BRING YOUR HEALTH AND  
NUTRITION QUESTIONS**

**THURSDAY, JANUARY 9,  
SHARE DINNER AT 6:00  
DISCUSSION 7:30-9 P.M.  
CAMERON CENTER AUDITORIUM  
95 MAHALANI ST., WAILUKU**

**S**teve Blake has earned a doctorate in nutritional biochemistry. He lectures at the University of Hawaii. He has lectured at Stanford University, McLean Hospital, and at Boston University Medical Center. Dr. Blake's publications include: the 2008 McGraw-Hill college textbook *Vitamins and Minerals Demystified. A Nutritional Approach to Alzheimer's Disease, Understanding Dietary Fats and Oils, Healing Medicine*, and co-authored *Mosby's 2001 Nursing Drug Reference*. He is the author of *The Herb Doctors* with worldwide information. He is the author of the *Diet Doctor*, software for graphing dietary nutrients. He was director of the Maui Holistic Health Center for seven years. Dr. Blake is Nutritional Biochemist at Hawaii Pacific Neuroscience. He and his wife Catherine have a solar-powered organic farm on Maui.



**Vegetarian Society of Hawaii**

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For more info: 280-6865 [Steve@DrSteveBlake.com](mailto:Steve@DrSteveBlake.com)

**FREE Admission &  
Refreshments**