

GET REAL WITH *SKINNY BITCH* RORY FREEDMAN



Don't expect any handholding or coddling—this *Skinny Bitch* will give it to you straight. With her trademark sass, wit, and humor, Rory will:

- describe her own journey from junk-foodie to health-foodie,
- reveal which demon-food product took her ten years to exorcise from her diet,
- and share what keeps her motivated to stay on course.

Just by changing her diet, Rory dramatically changed her life. Get Real with Rory and you'll leave educated, inspired, and committed to changing your own life.

TUESDAY, JUNE 15, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

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

Ms. Freedman will also be speaking on Maui: Thursday, June 17, 7 p.m., 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

#1 *New York Times* best-selling author Rory Freedman was always completely obsessed with food, but she wasn't always a healthy eater. So eventually, when she did change her ways, she experienced first-hand the difference a healthy diet could make. And the more she learned for herself, the more she wanted to share her knowledge and help others. With two million copies in print and translations in 27 languages, *Skinny Bitch* sparked a worldwide movement. It's a wake-up call that exposes the problems with the food industry while inspiring people to eat well and enjoy food. Voted VegNews magazine's first-ever "Person of the Year," Rory has successfully counseled models, actors, athletes, and other professionals using the *Skinny Bitch* method.

Learn more about Rory at www.SkinnyBitch.net.

**FREE Admission &
Refreshments**