

WAIST AWAY: HOW TO LOSE WEIGHT JOYFULLY & SUPERCHARGE YOUR LIFE

A PRESENTATION BY

MARY CLIFTON, M.D.



Learn why healthy vegan diets work to reduce disease through the use of healthy fats and proteins at the cellular level. Learn how to lose weight effortlessly by changing your diet joyfully through tips perfected in Dr. Mary's busy clinical practice in Michigan.

TUESDAY, JUNE 11, 2013, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

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

WEDNESDAY, JUNE 12, 2013, 5:30-8 P.M.
DINE-OUT WITH DR. MARY CLIFTON
GREENS & VINES RESTAURANT

CORNER OF WARD & KAPIOLANI, HONOLULU
FREE CUSTOMER PARKING ON GROUND FLOOR OF BUILDING
RAW VEGAN GOURMET TASTING MENU*
\$22.50, INCLUDING TAX AND TIP.

TO RSVP & PREPAY VIA CREDIT CARD: CALL (808)536-9680.

*SEE VSH.ORG FOR MENU

Dr. Mary Clifton, author and founder of Dr. Mary's Waisters, is a clinical associate professor with Michigan State University's medical school and a private solo internal medicine specialist with 17 years of experience. Like many people, a routine physical turned into a wake-up call six years ago. Diagnosed with pre-diabetes and elevated cholesterol, Dr. Mary researched her extensive pharmaceutical options, and opted to modify her diet instead. Her blood sugar is back to high school levels and her cholesterol dropped by 70 points.

Now, Dr. Mary shares her lifestyle and diet tips in a book co-authored by her daughter, Chelsea Klemens, an OB/GYN physician in Manhattan. *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life* is available on Kindle and Amazon. For more information, check out her website at DrMaryMD.com.



Vegetarian Society of Hawaii

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