

# TEN MINUTES A DAY TO SPECTACULAR HEALTH

A PRESENTATION BY

**ROBYN OPENSHAW**



**R**obyn teaches a high-energy class to educate and inspire people towards achieving optimal health through a whole-foods, mostly living, plant-based diet. She demonstrates a way to spend 10 minutes in the kitchen to beat the Standard American Diet by 750 percent and see weight loss, energy gains, and better digestion.

**R**obyn Openshaw founded GreenSmoothieGirl.com in 2007, now getting 80,000 hits monthly. Her mission is to help and inspire people towards vibrant health through whole-foods nutrition. She taught at Brigham Young University and lectures all over the U.S. She has published nine books including the best-selling *The Green Smoothies Diet*, and the *12 Steps to Whole Foods* course. She is a mom to four teenaged athletes and received degrees from BYU and the University of Utah. She is currently on a worldwide tour studying non-toxic cancer treatment.

**SATURDAY, MARCH 17, 7 P.M.**

**MCCOY PAVILION**

**ALA MOANA BEACH PARK**

Maui — Ms. Openshaw will also be speaking on Maui on Thursday, March 15th, at 6:30 p.m., at Down To Earth ALL VEGETARIAN Organic & Natural (Upstairs), 305 Dairy Road in Kahului.



**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.