Why I Don't Eat Fish
A VSH presentation by Suzanne Frazer

Tuesday, Oct. 10, 2017, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave., Honolulu (Oahu)
(at end of 0.2 mi. driveway betw. Waikiki-Kapahulu Library & golf course—across from the Texaco station)

Maui—Thursday, October 12, 7 p.m.
Cameron Center, 95 Mahalani St., Wailuku

A lot of people think that eating fish is healthy. Suzanne Frazer will talk about why fish is not a healthy food and why she personally does not eat fish. Learn about the chemicals manufactured into everyday plastic items, how plastic gets more toxic in the ocean from the accumulation of POPs (persistent organic pollutants) and the implications for seafood eaters of an ocean of plastic.

Find out how our everyday choices including what we eat and buy can make a difference in protecting our health, the environment and marine life. Come and be inspired and empowered with knowledge to make simple, easy changes to your lifestyle to protect your long term health and that of our ocean planet.

Vegan Dine-out with Suzanne Frazer
6-8 p.m. Wed. Oct. 11 at Ethiopian Love
1112 Smith St., Honolulu, between Pauahi & Hotel Sts.
Park on st. or at nearby lots, incl. Smith & Beretania municipal lot (after 5: 50¢/1/2 hr. $3 max—enter on N. Beretania, exit on N. Pauahi).

LARGE Veggie Platter with an array of six or more deliciously spiced Ethiopian vegetables, stews, and salads served over injera bread (or quinoa on request).

$23 (incl. tax & tip). Pay at event before sitting.

Note: Dine-out proceeds go to meal providers, not to VSH.

Vegetarian Society of Hawaii
Join us!
For more info: call 944-VEGI (8344) or visit www.vsh.org.

Honolulu and Maui lecture refreshments donated by Down to Earth.