

# Why I Don't Eat Fish

A VSH MAUI PRESENTATION BY  
**SUZANNE FRAZER**



**7 P.M. THURSDAY  
OCTOBER 12, 2017**

**J. WALTER CAMERON CENTER  
95 MAHALANI STREET  
WAILUKU, HAWAII**

**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.

**S**uzanne Frazer is the Co-Founder and President of Beach Environmental Awareness Campaign Hawai'i (B.E.A.C.H.) - an award winning, non-profit organization she founded with Dean Otsuki in 2006. B.E.A.C.H. brings awareness and solutions to plastic marine debris through: environmental education in schools and the community; marine debris removal and research; and plastic reduction/litter prevention campaigns. The purpose of B.E.A.C.H. is to inspire actions on an individual and community level that reduce and prevent marine debris, resulting in protection for Hawai'i's marine life, sea birds and ocean/coastal environment. Suzanne and Dean received the 2008 Living Reef Award for going above and beyond in their actions to protect the reef and B.E.A.C.H. received the 2012 Marine and Coastal Zone Advocacy Council Douglas Tom Award for preserving and protecting Hawai'i's marine and coastal environment and actively engaging the community, especially youth, among various other awards and recognitions.



**Vegetarian Society of Hawaii**  
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For more info call (808)385-2790,  
email [jerome.kellner@gmail.com](mailto:jerome.kellner@gmail.com) or visit [VSH.org](http://VSH.org).

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