



Learn How to Eat Well

Nutrition 2012 With

Michael Greger, MD

Monday, May 7, 2012, 7:30 p.m.

Congregation Machzikei Hadas

2310 Virginia Drive, Ottawa

Come out to a free public lecture jointly sponsored by Prevent Cancer Now and the Ottawa Regional Cancer Foundation to hear the latest information on your health and your food. Find out what you need to do to protect yourself from diseases like cancer and get and stay healthier. In everyday language, Dr. Michael Greger will both educate and entertain you!

Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this brand-new talk of the latest in cutting-edge research. Focusing on studies published over the last year in peer-reviewed scientific nutrition journals, Dr. Greger offers practical advice on how best to feed ourselves and our families to prevent, treat, and even reverse chronic disease in an engaging interactive quiz show format.

It is a free event but with limited seating — you must register ahead by e-mail at info@preventcancer.ca or jshaw@ottawacancer.ca or by telephone at 613.247.3527 ext. 222.

