

A Community Adventure In Healthy Eating

Thursday March 7th, 2013

Elizabeth George, MD will speak on *Eating for the Health of It*
Penn State Mont Alto, Multi-Purpose Activities Center 6:00 p.m.

Learn about healthy eating, preventing and reversing chronic diseases at this
free kickoff event

Dinner follows at 7:00 p.m., Cost \$10.00 for dinner.

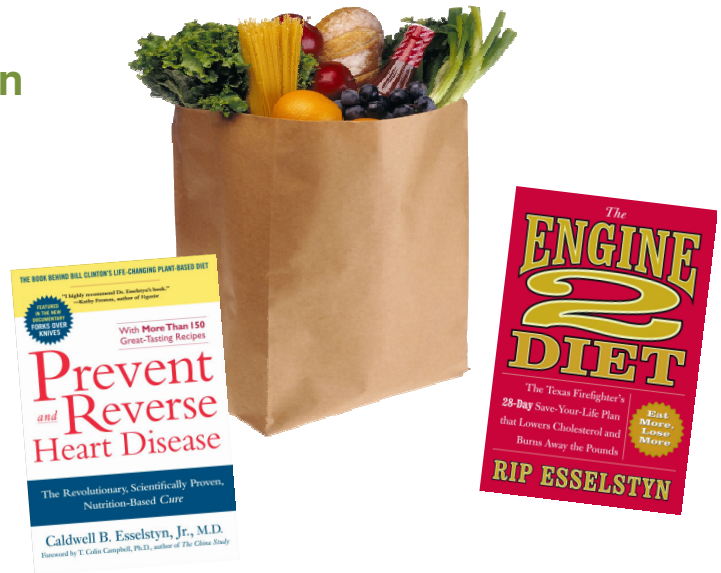
RSVP required for dinner: macater@psu.edu

Savor the flavors of a heart-healthy meal



Would you like support for taking on healthy eating habits?

- Re-Awaken ability to enjoy flavors of food
- Lose cravings for sugar, salt and fat
- Lower blood pressure and cholesterol
- Lose body fat
- Normalize blood sugar
- Sustain good health
- Be heart-attack proof
- Get off medication
- Sustain good health
- Reduce your medical costs



The Healthy Eating Adventure continues with a “how to” training session on March 14,
followed by a series of weekly potluck dinners at Penn National.
Experience success in taking on Healthy Eating!

Information contact: eat4thehealthofit@yahoo.com

