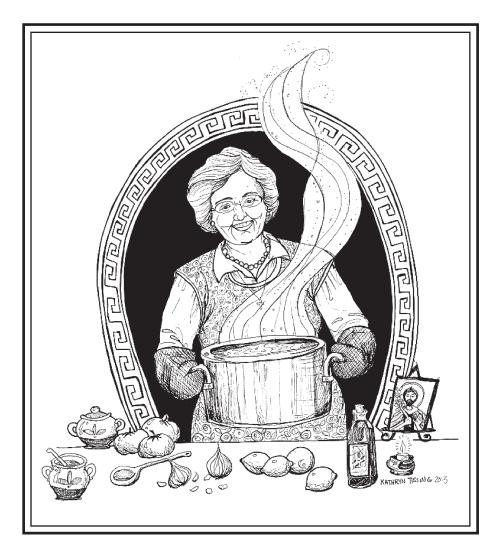
St John the Baptist Greek Orthodox Church Senior Ministry and Myrrh Bearers invite you to a very special presentation by Dr Miles Hassell
October 19, 2013 from 7-8 p, following vespers

How a Greek Grandmother would solve the Healthcare crisis: Which Diet and Lifestyle choices really matter?



Dr. Miles Hassell, co-author of Good Food, Great Medicine and co-medical director of the Providence Integrative Medicine Program, will discuss how nine simple food and lifestyle choices can improve your health and risk profile without deprivation:

- 1. How do I make the best food and lifestyle choices to improve my health?
- 2. What does the research tell us?
- 3. Is type 2 diabetes reversal possible?
- 4. How can I practically improve my risk for heart disease, stroke, type 2 diabetes, cancer, and dementia?

Greek pastry will be served per his request!