

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!**

St John the Baptist - 14485 SW Walker Road, Beaverton, Oregon 97006