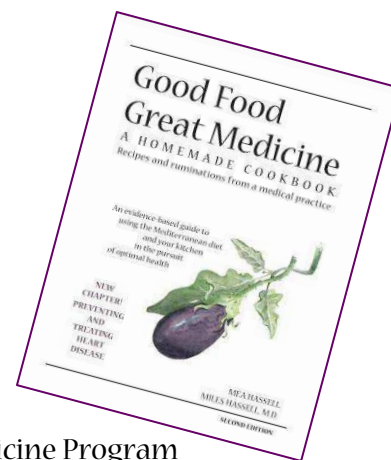


Let's talk about

Which Diet *and* Lifestyle Choices Really Matter?



Presented by Miles Hassell, MD

Medical Director, Providence Cancer Center, Integrative Medicine Program
and co-author of *Good Food, Great Medicine*

So how would a Greek grandmother solve the health care crisis?

Join Miles Hassell, MD to discuss the kind of diet and lifestyle choices a Greek grandmother might make, and why those choices could make a huge difference in the health care crisis. He will present the compelling evidence to support using the Mediterranean diet to reduce your risk of heart disease, stroke, cancer, type 2 diabetes, and dementia. He will talk about the importance of:

- good fats
- daily exercise
- portion control and weight loss
- vegetables, beans, and whole grains
- reading ingredient labels
- probiotic foods
- vitamin D
- sleep
- ... and much more!

September 28th 2010 (Tuesday) 6-8pm

■ Providence St. Vincent Medical Center
Souther Auditorium
9155 SW Barnes Rd Portland, OR 97225

How to register:

Please call (503) 291-1777 to reserve a seat.

Cost: Classes are free!

Dr. Hassell is board certified in internal medicine and is in private practice at Providence St. Vincent Medical Center in Portland, Oregon. He established the Integrative Medicine Program at Providence Cancer Center and is a clinical instructor in the training of internal medicine residents, twice receiving Teacher of the Year award. Dr. Hassell is co-author of *Good Food, Great Medicine*, a cookbook and evidence-based guide to eating well using your kitchen and the whole food Mediterranean diet.



Fall/Winter 2010 classes:

October 19th – Preventing *and* Reversing Heart Disease

November 9th – Preventing *and* Reversing Type 2 Diabetes *and* Insulin Resistance

December 14th – 10 Steps for Evidence-based Weight Loss: *Holiday Food Strategies*

Voice (503) 291-1777 ■ Fax (503) 291-1079

www.goodfoodgreatmedicine.com ■ www.providence.org/integrativemedicine