



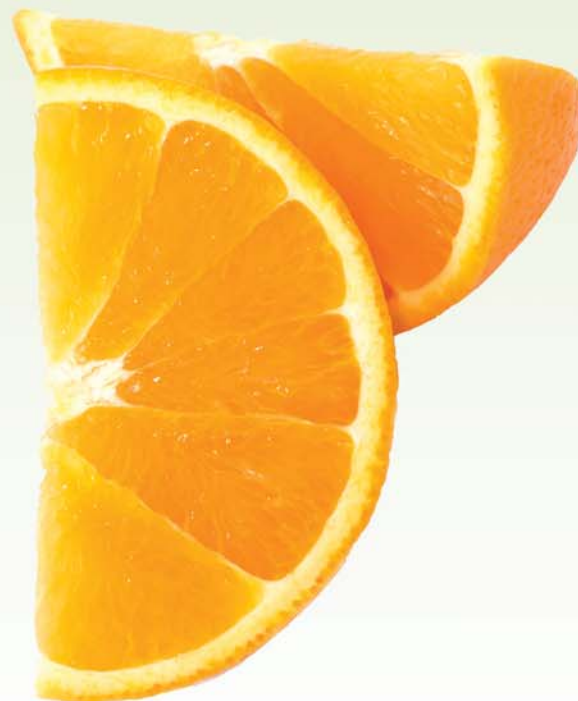
Nutrition & Health
CONFERENCE - 2012

Buy your tickets now!

Nutrition & Health Conference Public Forum

Health & Happiness:
How What We Eat Affects
Our Emotional Well-Being
Tuesday, April 17, 2012

Westin Boston Waterfront
Boston, Massachusetts
\$20, open to the public



6:30 - 7:15pm:

Calories and Culture: A Worldwide Photographic Journey

Join Peter Menzel and Faith D'Aluisio, authors of *The Hungry Planet* and *What I Eat*, on a photographic exploration of demographic and global meal traditions and customs. Vivid photography and insightful sociological commentary on international eating habits by the authors make this a not-to-miss event.



Jody Adams, chef
James Beard
award-winning chef
Owner of Boston-based
Rialto
Philanthropist



Andrew Weil, MD
Integrative medicine
pioneer
Best-selling author

7:15 - 9pm:

The Doctor and the Chef: Exploring Food and Happiness

In celebration of Dr. Andrew Weil's latest book *Spontaneous Happiness*, Tara Lemmey sits down for an intimate conversation with Dr. Weil, and James Beard award-winning and Top Chef Master chef Jody Adams to discuss health and happiness and how what we eat affects our emotional well-being.

Together they will explore everything from rethinking celebratory food to discovering ways to navigate a restaurant menu, and exchange ideas on how you can incorporate basic skills into your everyday mealtime decisions.

Tara Lemmey
Moderator
CEO, Net Power & Light



For more information, visit
www.NHConference.org



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