



Shades of Gray

A SYMPOSIUM ON
WELLNESS AND AGING

MONDAY, JANUARY 23, 2012

FEATURING WORLD-RENOWNED EXPERTS
ON DISEASE PREVENTION

“NUTRITION: THE SAVIOR OF OUR HEALTH SYSTEM”

T. Colin Campbell, Ph.D.

Professor Emeritus, Nutritional Biochemistry at Cornell University;
Project Director, the China-Oxford-Cornell Diet & Health Project

At the forefront of nutrition research for over 40 years, and co-author of the groundbreaking best-seller, *The China Study*, the most comprehensive study of health and nutrition ever conducted, Dr. Campbell's scientific interests focus on the effects of nutritional status on long-term health, particularly in the area of cancer.

“HOW TO HEART ATTACK-PROOF YOUR LIFE”

Caldwell Esselstyn, M.D., F.A.C.E.

Director, Cardiovascular Prevention and Reversal Program,
The Cleveland Clinic Wellness Institute

The internationally-acclaimed former Cleveland Clinic surgeon and author of *Prevent and Reverse Heart Disease*, his pioneering research has shown the progression of severe coronary heart disease can be reversed through diet and lifestyle.

The research of Drs. Campbell and Esselstyn was the focus of the recent landmark documentary film, “*Forks Over Knives*,” which offers a first-hand look at the medical transformation of patients with chronic disease due to a healthier diet and lifestyle changes.

Registration 9:00 • Program 9:30 - Noon

THE COLONY PAVILION
155 Hammon Avenue, Palm Beach

Space is limited. Reservations are required. (561) 687-5750



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