

★ GOOD FOR YOU, GOOD FOR THE PLANET ★

LOCAL Food & Wine Reception

Small Plates & Organic Wines

with special guest

Dr. Dean ORNISH

speaking on the relationship between food, disease prevention and anti-aging

Best-selling author of: *Dr. Dean Ornish's Program for Reversing Heart Disease*; *Eat More, Weigh Less*; *Love & Survival*;

"One of the seven most powerful teachers in the world."
Forbes magazine



Thursday

MARCH 27TH

Lecture, Q&A and Book Signing

6:00 Reception

7:15 Dr. Ornish

\$45⁰⁰

Asheville Community Theatre

Tickets available through the ACT box office.

Ph: (828) 254-1320 <http://tinyurl.com/OrnishEvening>



Integrative Healthcare Conference
www.mahec.net/IHC