

# Sugar: The Bitter Truth



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## What's Really Behind our National Obesity Epidemic?

On average, men and women weigh 25 lbs more than they did 30 years ago and children are heavier and less fit than ever before.

Join Queen of the Valley Wellness Center and a panel of experts as UCSF researcher Dr. Robert Lustig exposes what's really behind our nation's obesity epidemic that's hidden in almost every type of processed food we buy.

Anyone concerned about their own health and the health of their children should attend "Sugar: The Bitter Truth."

### WHERE:

Westin Hotel, 1314 Mckinstry Street St, Napa, CA 94559

### WHEN:

August 13, 2010

### PROGRAM:

5:30-6:15 pm – *Presentation:*

*"Sugar: The Bitter Truth" – Robert H. Lustig, MD*

6:15-6:45 pm – *Panel Discussion:*

*Moderator: Marko Bodor, MD*

- Cheryl Forberg, RD, Nutritionist, "Biggest Loser" TV show
- Mel Mari, Educator/Healthy Eating Specialist, Whole Foods
- Amy Myrdal-Miller, RD, MS, Program Director, Strategic Initiatives, Culinary Institute of America
- Scott Warner, Executive Chef, Bistro Don Giovanni