

# Young Garvan presents: "SUPERFOODS: Are you really what you eat?"

Can you really achieve optimum health, live longer and prevent disease by changing the way that you eat? Are the claimed benefits of superfoods and special diets simply too good to be true?

On Thursday 25 February, Young Garvan hosts a public education forum to investigate superfoods and sort out the facts from the fiction on this complex topic.

The forum will explore the full spectrum of food production – from organics, cooking, food packaging and processing through to dietary approaches and even bust some of the great myths about food types.

Forum Moderator

Dr Andrew Rochford – presenter, "What's Good for You", Channel Nine

Speakers Include Garvan's own Senior Research Fellow

Dr Amanda Sainsbury-Salis

along with Dr Renee Lim and Costa Georgiadis from SBS TV, Nutritionist Cherie Lyden and Naturopath Anthia Koullouros.

Thursday 25th February 2010

WINE & FINGER FOOD SERVED ON ARRIVAL

TICKETS: \$20

DATE: Thursday 25th February 2010

TIME: 6:15pm arrival - forum commences promptly at 7pm

WHERE: Garvan Institute of Medical Research

384 Victoria Street

Darlinghurst NSW 2010

Purchase your tickets online at: <http://www.garvan.org.au/get-involved/young-garvan>

*Young Garvan Patrons, do not purchase your tickets online; please phone the Garvan Research Foundation on 02 9295 8110 to reserve your place.*

