

# SUPERFOODS

## Are you really what you eat?



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

At this forum, Young Garvan delves into the realm of superfoods and sorts out the facts from the fiction of this important and complex topic.

Our panel of scientists and nutrition experts will discuss what superfoods are and how they may influence our health and wellbeing.

### date

Thursday October 8, 2009

### time

Drinks and canapes from 6.15pm  
Forum commences at 7.00pm  
Concludes at 8.45pm  
Post-forum drinks at De Nom,  
231 Oxford Street, Darlinghurst

### venue

Garvan Institute of Medical Research,  
384 Victoria Street, Darlinghurst

### tickets

\$20. Price includes drinks and canapés  
For more information and to register  
visit [www.garvan.org.au/news-events/events](http://www.garvan.org.au/news-events/events) or call 02 9295 8110

### forum speakers

- 1/ **Dr Amanda Sainsbury-Salis** - PhD, Associate Professor UNSW and Senior Research Fellow Neuroscience Research Program, *Garvan Institute of Medical Research*
- 2/ **Cherie Lyden** - Nutritionist and Food Coach, *Lyden Vitality*
- 3/ **Matt O'Neill** - Nutritionist and Director, *SmartShape Centre for Weight Management*
- 4/ **Pete Evans** - Celebrity Chef, Managing Director, *Hugos Group*

### we'd like to thank our sponsors

