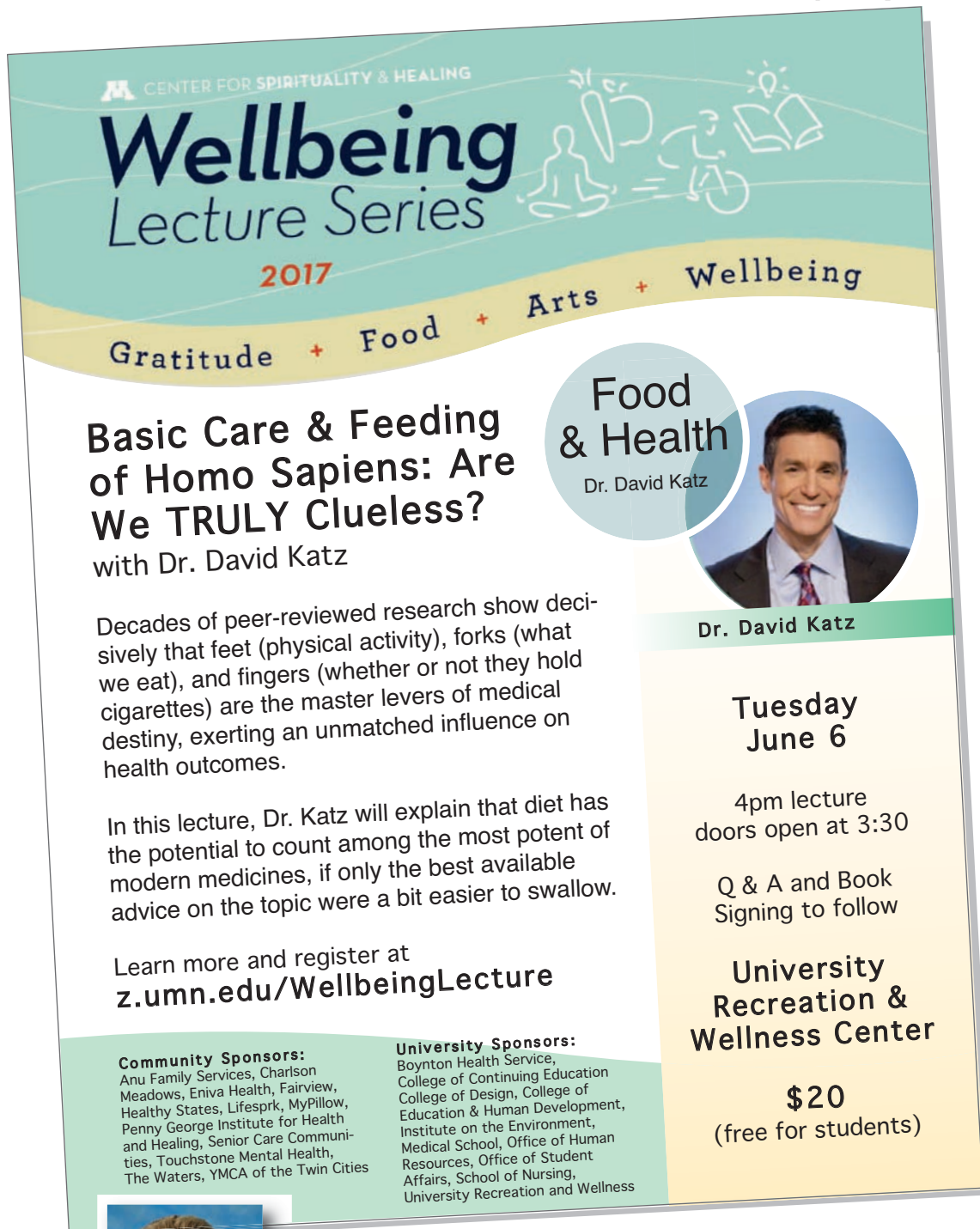


Eniva Health is a Community Sponsor of:



WELLBEING LECTURE SERIES
2017
Gratitude + Food + Arts + Wellbeing

Food & Health
with Dr. David Katz

Basic Care & Feeding of Homo Sapiens: Are We TRULY Clueless?
with Dr. David Katz

Decades of peer-reviewed research show decisively that feet (physical activity), forks (what we eat), and fingers (whether or not they hold cigarettes) are the master levers of medical destiny, exerting an unmatched influence on health outcomes.

In this lecture, Dr. Katz will explain that diet has the potential to count among the most potent of modern medicines, if only the best available advice on the topic were a bit easier to swallow.

Learn more and register at
z.umn.edu/WellbeingLecture

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Dr. David Katz

Tuesday June 6
4pm lecture
doors open at 3:30
Q & A and Book Signing to follow

University Recreation & Wellness Center

\$20
(free for students)

Save the date and join us for this exciting event!

To receive your discounted tickets as a part of the Eniva Community, go to z.umn.edu/wellbeinglecture click on "Register Now" then enter ENIVA in the Promotional Code box on the left. Enter quantity of tickets desired, then check out. We look forward to seeing you there!



"Eniva is excited to help bring Dr. David Katz to this lecture series. His timely message on the significance of food for health and healing reinforces the power we have to impact our own health—a major goal at the Center for Spirituality and Healing. Eniva sees its sponsorship of the Lecture Series as an important way to increase wellness awareness within our local community." —Andrew Baechler, CEO

