

# FOOD

If you think your relationship with food is important.  
But especially if you don't think your relationship with food is  
important

**YOU NEED TO ATTEND!**

**“If you are what you eat,  
what are you?”**

**A series of six FREE presentations delving into what  
has happened to nutrition and how it affects YOU**

**First presentation will be**

**Tuesday**

**October 6<sup>th</sup>, Middletown North Library**

**7:00 pm – 8:00 pm**

(Subsequent presentations: Oct 27<sup>th</sup>, Nov 24<sup>th</sup>, Jan 26<sup>th</sup>, Feb 23<sup>rd</sup>, March 23<sup>rd</sup>)

**Topics will include**

**Why is nutrition so complicated?**

**Fast food vs. Slow food**

**How has our food system changed? Is there any real food left?**

**How is our behavior, academic success, energy levels & happiness related to food?**

**Sugar Blues & Diabetes**

**Genetically modified foods**

**Food additives/pesticides/antibiotics**

**Are you full of corn?**

**Sustainability of our food system**

**Food as medicine**

**Chronic Disease**

**The future of food**

**Come not to have your questions answered but to have your answers questioned!!!!**