

# **Eating for Health: Vegetarian Lifestyle, Herbs, Spices and Eating the Natural Way**

- **Discuss and interact with expert panel on latest research findings**
- **Sample healthful and spicy vegetarian foods and herbal teas**

**Tuesday, November 4, 2008  
12:30 p.m. – 2:00 p.m.  
Main Classroom, Room 135**

## **Panelists**

Todd Pesek, M.D., Director, Center for Healing Across Cultures  
Lonnie Helton, PhD, Co-Director, Center for Healing Across Cultures  
Ronald Reminick, PhD, Department of Anthropology and Center for Healing Across Cultures  
Murali Nair, PhD, School of Social Work and Center for Healing Across Cultures

## **Sponsors**

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