



## TAKE CHARGE OF YOUR HEALTH

**BACK BY POPULAR REQUEST!!**

**DR. JOEL FUHRMAN**

*Fast Food Genocide: How Processed Food is Killing Us and What We Can Do About It*

Sullivan 180 welcomes Dr. Joel Fuhrman, board-certified family physician, nutritional researcher and six-time *New York Times* best-selling author, as guest speaker for the bi-monthly **Take Charge of Your Health Series**. Dr. Fuhrman serves as the President of the Nutritional Research Foundation and is on the faculty of Northern Arizona University, Health Science Division and has been featured on PBS, the Dr. Oz Show, Good Morning America and the Today Show. He is an advocate for making healthy choices the easy choice and increasing access to fresh produce in food deserts. He will focus on the topic of his most recent book, *Fast Food Genocide*.

In his presentation, Dr. Fuhrman will describe the serious health risks associated with processed and fast food consumption, even from occasional use. These “Frankenfoods” do not merely contribute to chronic diseases such as high blood pressure and diabetes but increase death from heart disease and cancer. The high fat, sugar and sodium content of fast and processed foods also impair the human brain contributing to depression, and can create food addiction, leading to excessive caloric intake and obesity. Dr. Fuhrman will discuss healthy food choices that effectively prevent cancer, heart disease and dementia. He recommends a plant based “nutritarian” diet that includes nutrient dense foods, fruits, vegetables, whole grains, beans, seeds and nuts. While Dr. Fuhrman gives guidance on how individuals can improve their diets, his message is also about the importance for communities to understand the dangers of a culture that promotes fast food and processed foods instead of a diet that nourishes our bodies and minds.

The event will be held on **Monday, April 22, 2019** at **5:30 p.m.** in the **Event Gallery at Bethel Woods Center for the Arts**. A book signing will follow. Free bus transportation is available at 4:30 p.m. from the Government Center (North Street side) in Monticello.

The informative and inspiring evening will include healthy refreshments and a book signing with Dr. Fuhrman. The event is free, but registration is required. Please visit <https://bit.ly/2Bf2YtP> to register or call the Sullivan 180 office at (845)295-2680.

Sullivan 180’s mission is to build a healthy, vibrant Sullivan County where everyone has a sense of purpose, connection to family and community and access to fresh foods and an active lifestyle.