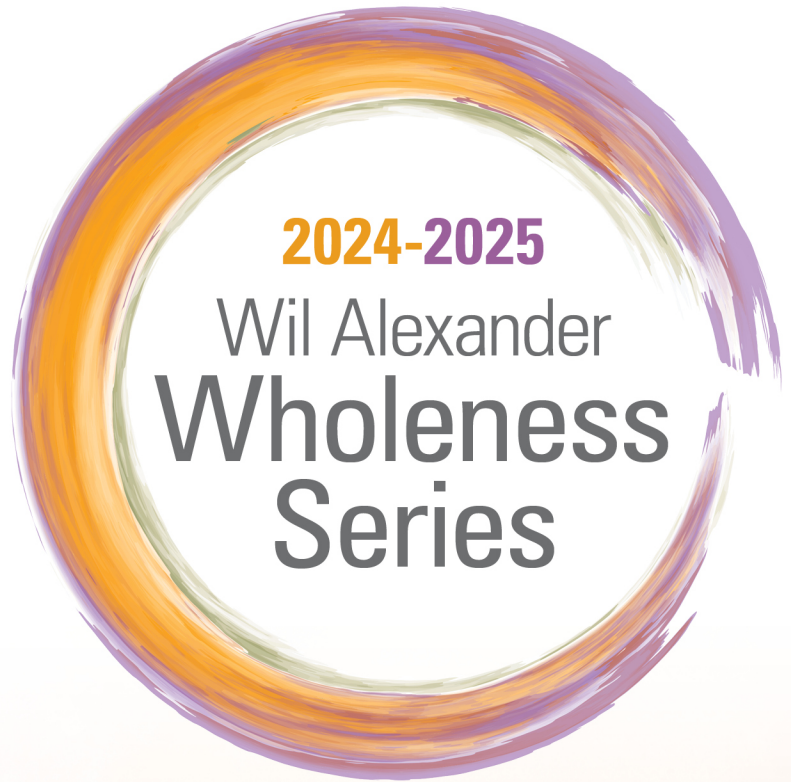




Oct.  
30



## How Not to Age

**Dr. Michael Greger, MD, FACLM**

*Author, Speaker, Founder and President of Nutritionfacts.org*

**Based on his latest book, *How Not to Age*, New York Times best-selling author and internationally recognized speaker on nutrition and public health issues, Dr. Michael Greger will present research-based dietary, nonpharmacological interventions that may increase cell renewal and rejuvenation, improve health outcomes and enhance overall quality of life.**

- Identify the top five dietary factor interventions that may increase autophagy (cell renewal and rejuvenation).
- List the top five dietary factors identified by the Global Burden of Disease Study as contributing to the greatest annual death toll.
- Name nonpharmacological interventions that may help with BPH, constipation, sarcopenia, skin aging, urinary incontinence, and vasomotor menopausal symptoms.

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**Sponsored by:** School of Allied Health Professions

Loma Linda University Church

3:00-4:30 pm Book Sale and Signing, 5:00-6:00 pm Presentation

Livestream at [home.llu.edu/waws](https://home.llu.edu/waws)



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