

Wondering **if and which diets** really work?

Wondering how it is that human beings are said to be on average **three times heavier** than they were in the 60s?

We have at our disposal tons of information on dieting and exercise and yet most nations claim that obesity is at a crisis level.

Join us at this year's forum to hear the latest science which will help us to better understand the biology involved to effectively maintain a healthy body weight.



The 7th Annual
Lafayette Health Awareness Series presents

weighing in on **fat**

what makes us **obese** and what we can do about it

Thursday,

September 27, 2012

7.00 pm to 9.00 pm

David Lam Auditorium

MacLaurin Building A144

University of Victoria

Free admission

To reserve a seat, email:
lafayettehealth@shaw.ca

The following panelists will speak followed by an extended Q and A period:

Priya Manjoo MD FRCPC

Endocrinologist, will speak on the biology and metabolic activity of the fat cell

Mary Kay Nixon MD FRCPC

Child and Youth Psychiatrist, will address current thoughts on why we eat/overeate

Hanh Huynh PHD

Scientist and Medical Educator, will speak on the biology of prevention—
"Diabetes Prevention: It Is In Our Hands And We Can Do It!"

Allen Hayashi MD FRCS(C)

General and Pediatric Surgeon, Head, Division of General Surgery, VIHA,
is the panel facilitator and will comment on bariatric surgery

Darlene Hammell MD CCFP

Assistant Dean, Student Affairs, Island Medical Program, University of Victoria,
will give the closing commentary



For more information on the Lafayette Health Awareness Series
please visit the LSQ website <http://lafayettetstringquartet.ca>



University
of Victoria

RAYMOND JAMES

