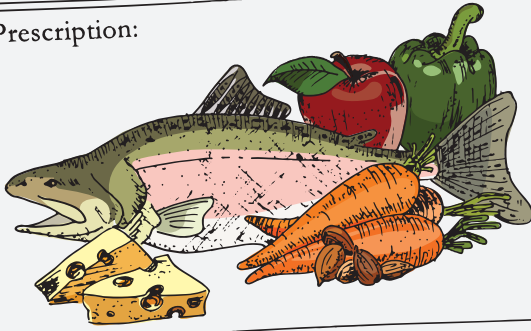


# Rx

PATIENT'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Prescription:



Date \_\_\_\_\_

Signature \_\_\_\_\_

# CULINARY MEDICINE

GREAT FOOD AS A MEANS OF PREVENTIVE MEDICINE

**TUESDAY, FEBRUARY 21, 2017, 6:00-7:30 PM**

C.B. Pennington Jr. Building  
Pennington Biomedical research center  
6400 Perkins Road  
Baton Rouge, LA 70808

*Doors open at 5:00 PM for free blood pressure screenings and light refreshments.*

**CHEF LEAH SARRIS**

Director of Operations/Executive Chef  
Goldring Center for Culinary Medicine  
Instructor of Medicine  
Tulane University School of Medicine

## FEATURED SPEAKER

**Chef Leah Sarris** has worked in diverse areas of the foodservice and related industries from restaurants, to instructing culinary arts at a prestigious university, foodservice consulting, farming and community outreach to improve school nutrition. Currently, she is the Program Director for the Goldring Center for Culinary Medicine at Tulane University in New Orleans. This means she has built and developed the first interdisciplinary program between culinary science, nutrition and a medical school, teaching future doctors and those currently in the medical field how to cook and prescribe healthier foods and lifestyles to their patients. This program is the first of its kind and over 30 other medical schools around the nation have licensed the curriculum.

Leah's passion lies in teaching everyone from medical students, to community members taking free cooking classes at the center, to professional chefs how to make delicious food that just happens to be good for you. She strives to teach people that nutritious food should be tasty, easy to make and affordable, while arming them with the knowledge and skills to bring that vision into their kitchens.



The Botanical Dietary Supplements Research Center at LSU's Pennington Biomedical Research Center presents a free community education event.

Register online at: [pbrc.edu/culinarymedicine](http://pbrc.edu/culinarymedicine)