Put a little COLOR in your life!
A free community workshop about plants and your health

A diet rich in fruits and vegetables clearly has been shown to have significant health benefits. New information about how specific compounds from botanicals, or plant sources, can improve health has been found. This symposium will provide information on how the compounds in plants that provide color to the fruit or berry may have an added benefit to promote health.

5:00 - 6:00
Doors Open
Exhibits

6:00 - 6:20
Overview
How We Approach the Study of Plants and Your Health
William Cefalu, MD

6:20 - 6:50
How to Eat the Rainbow
Heli Roy, PhD, RD

6:50 - 7:20
Why Eat the Rainbow?
Catherine Champagne, PhD, RD

7:20 - 7:50
A Colorful Way to Prevent Diabetes - A Berry Good Idea!
April Stull, PhD, RD

7:50 - 8:00
Questions and Answers

FREE and open to the public!
Tuesday, February 23 - 5:00 - 8:00pm
C.B. Pennington, Jr. Building
Pennington Biomedical Research Center
6400 Perkins Road - Baton Rouge, LA 70808

Register online at www.botanical.pbrc.edu
or contact us at:
225-763-2629
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