



# Eating for Your Health

Presentation open to the public



- Elements of a Healthy Lifestyle
- Plant-Based & Animal Proteins
- Organic & Conventional Foods
- Antioxidants & Systemic Alkalinity
- Health Benefits of Herbs & Spices
- Fats & Sweeteners

**Presenter: Susan Clair, MCRP/MPA  
Certificate in Plant-Based Nutrition**



**Friday, October 11, 2013**

**7:00 P.M. – 8:30 P.M.**

*Suggested Donation \$5.00 – No one will be turned away.  
Part of the donation will go to the Peace & Justice Center.*

**Location: Albuq Peace & Justice Center  
Corner of Silver & Harvard SE  
Albuquerque, New Mexico**

**Contact Susan Clair for more information  
505.321.8649 / 505.281.9888 ● [clair@nmia.com](mailto:clair@nmia.com)**