



~Lunch N' Learn~

Catherine Segal

registered pharmacist and marketing executive, who helps translate the latest scientific research into stuff we all can use. She graduated from Rutgers in Pharmacy and holds an MBA from FDU. Her career spans a number of pivotal product launches including Benadryl, Zyrtec, Diflucan, Zovira Ix, Zantac, and Flonase prescription to OTC switches. She believes in empowering everyone to help take control of their health with a full spectrum of options from dietary interventions, to movement, to traditional medicine. She loves to cook, brews beer and rescues yorkies. She has lived in Chester for nearly 20 Years.

Presents

"Beyond the Bone – Vitamin D as a Therapeutic Force"

We all know our bodies create Vitamin D from exposure to sunlight and it is good for bones. But there is new learning about this important vitamin's role in health. Gain an appreciation of the role Vitamin D can play in your health.

Date: **Monday, September 25, 2017**

Time: 12:00 PM – 2:00 PM

Place: **Washington Twp. Public Library**

Cost: \$2. – LUNCH IS INCLUDED!

MUST REGISTER

by calling the library at 908-876-3596

or register at www.wtpl.org

-Seating is limited-

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