



## ~Lunch N' Learn~

**Catherine Segal**

**Registered Pharmacist and Marketing Executive**

*Cathy Segal has been working on allergy products since the switch to OTC status of Benadryl. She has aided the OTC availability of Zyrtec, Flonase and Flonase Sensimist.*

**Presents**

### **"Health Meets Food"**

Culinary medicine is an emerging field for physicians, nutritionists and chefs. How we taste and enjoy food includes new insights about umami/savory and the aroma burst. Learn about how food choices can prevent cognitive decline and Alzheimer's, how to reverse metabolic syndrome, reduce symptoms from irritable bowel disease and heal ulcerative colitis and Crohn's. A survey of the latest research from the 2019 International Society of Neurogastronomy and the Health Meets Food conference that you will not want to miss!

Date: **Monday, September 23, 2019**

Time: 12:00 PM – 2:00 PM

Place: **Washington Twp. Public Library**

**37 E. Springtown Road, Long Valley**

Cost: \$2. – LUNCH IS INCLUDED!

***MUST REGISTER***

**by calling the library at 908-876-3596**

**or register at [www.wtpl.org](http://www.wtpl.org)**

-Seating is limited-

**Sponsored by the Senior Resource Center**

**50 Route 24, Chester, NJ 07930 908-879-2202**

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