



**TRIANGLE VEGETARIAN SOCIETY
PRESENTS**

***Lowering Your Cancer Risk
through Food Choices***

a lecture and discussion

by

George Eisman, MA, MSc, RD

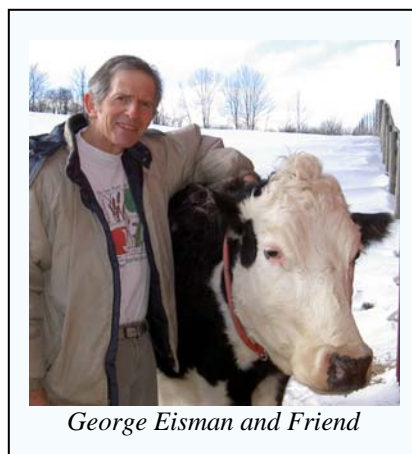
**Learn which foods lower cancer risk and which foods
elevate risk, and how to substitute one for the other
without risking nutritional deficiencies**

Sponsored by: Triangle Vegetarian Society

When: Monday, May 3 5:30-6:30 pm

Where: Durham Public Library, Parkwood Branch, 5122 Revere Road
(between Southpoint Mall and the Intersection of routes 55 and 54)

George Eisman has been a Registered Dietitian for over 30 years, having worked at Miami Children's Hospital and at Wesley Woods Nursing Home in Atlanta, before serving as a Public Health Nutritionist for the State Health Departments of Florida, Georgia, and North Carolina. He has taught nutrition at the college and university level as a faculty member and instructor at Florida State University, Broward Community College, Miami-Dade Community College and most recently at Cornell University in New York. He is the author of Don't Let Your Diet Add to Your Cancer Risk, A Basic Course in Vegetarian and Vegan Nutrition, and The Most Noble Diet. He is the co-founder, and first Chairman-Elect, of the Vegetarian Nutrition Practice Group of the American Dietetic Association, and is currently the Nutrition Director for the Coalition for Cancer Prevention based in Watkins Glen, New York.



George Eisman and Friend

For more information call 489-3340 or visit the TVS website:

<http://www.trianglevegsociety.org/>