Buy your tickets now!
Nutrition & Health Conference Public Forum

Health & Happiness: How What We Eat Affects Our Emotional Well-Being
Tuesday, April 17, 2012
Westin Boston Waterfront
Boston, Massachusetts
$20, open to the public

6:30 - 7:15pm:
Calories and Culture: A Worldwide Photographic Journey
Join Peter Menzel and Faith D’Aluisio, authors of The Hungry Planet and What I Eat, on a photographic exploration of demographic and global meal traditions and customs. Vivid photography and insightful sociological commentary on international eating habits by the authors make this a not-to-miss event.

7:15 - 9pm:
The Doctor and the Chef: Exploring Food and Happiness
In celebration of Dr. Andrew Weil’s latest book Spontaneous Happiness, Tara Lemmey sits down for an intimate conversation with Dr. Weil, and James Beard award-winning and Top Chef Master chef Jody Adams to discuss health and happiness and how what we eat affects our emotional well-being.

Together they will explore everything from rethinking celebratory food to discovering ways to navigate a restaurant menu, and exchange ideas on how you can incorporate basic skills into your everyday mealtime decisions.

For more information, visit www.NHConference.org