

Osher Lifelong Learning Institute at ASU presents . . .

NEW Class • NEW Topic

Not included in our Spring Class Schedule!

“Diet and Aging: Does It Really Matter What You Eat?”

Instructor: Dr. Rick Hall

Wednesday, March 9, 2016

10:30 a.m. – noon

Location: Maravilla Scottsdale, 7325 E. Princess Blvd., Scottsdale, AZ. 85255

In the Lodge

Lecture: Do you know how many calories are in that coffee creamer you use every morning? Why is osteoporosis a “pediatric disease with geriatric outcomes?” Ever stop to think about that yummy bagel you just bit into and what it’s doing to your body? Join us for an eye-opening lecture to find out how your diet not only plays a role in your energy levels, cognitive function, and stamina, but how it also has lasting affects on your heart health, blood sugar control, and bone density.

Instructor: Dr. Rick Hall is a registered dietitian and clinical professor in the School of Nutrition and Health Promotion at Arizona State University, where he teaches coursework on management, leadership, and entrepreneurship. He is an entrepreneur and writer. His work has been published in Better Homes and Gardens, the Asian Wall Street Journal, the Journal of School Nutrition, and the Journal of the Academy of Nutrition and Dietetics. He is the founder of Nutrition Resource, co-founder of Dry Wash Media, co-owner of My Personal Multivitamin, and the vice president and general manager of MyDietitian and MobileRD. He was a founding member of the Academy of Nutrition and Dietetic’s Council on Future Practice and Arizona Academy’s Emerging Dietetic Leader Recipient. In 2007, he was recognized and profiled as one of the ‘Forty Under Forty’ business leaders by the Arizona Business Journal. In 2014, Rick became a Fellow of the Academy and in 2015, he was appointed as a member of the Academy’s Position Committee.

Only \$10 if you are a current OLLI member already registered for Spring!

New members are always welcome to join OLLI at ASU.

Register NOW online at <https://lifelonglearning.asu.edu>

or call 602-543-6440.

