

UNDERSTANDING **OBESITY**



Guest Speaker

Dr. David Ludwig

Director of Obesity Program
at Children's Hospital, Boston

Obesity is a serious, chronic disease
Obesity trends
Contributing factors
Health consequences
Food to avoid /recommended food

SATURDAY
April 10, 2004

3-4 PM

At Burlington Public Library



DIRECTIONS: Take exit 33B on Route 128, 1.5 miles, turn right on Bedford Street, turn slight left on Center Street. It is near the Burlington police station.



Free Refreshments will be served.

For more information call 781-749-9281 or email ushavakil@aol.com.

Saheli is an affiliate of the India Association of Greater Boston.

See web site www.saheliboston.org.