

## MIRACLE FOODS AND QUICK WEIGTH-LOSS DIETS

**Saturday May 28, 2005**  
**From 9:00 a.m. to 12:00 p.m. at the Guy-Favreau YMCA**

### CONTENT :

Every day, health through nutrition is featured in the news: the X supplement improves blood pressure; this food combination guarantees weight loss... Where lies the truth? Are these easy solutions the way to go? This workshop gives you the opportunity to debunk some of these myths on dieting and to discover useful ideas and practical tips for your day-to-day work.

### PRESENTER :

***Nathalie Lacombe:*** *Nathalie is a nutritional science graduate from Université de Montréal. After receiving her bachelor's degree in 1995, she completed a Masters degree in sports nutrition in 2000. A great enthusiast, she is interested in anything relating to staying healthy. She has a private practice where she gives advice to her clients on the benefits of a healthy diet and regular exercise. She has also been an aerobics dance instructor for over 20 years. Nathalie is a member of the Ordre professionnel des diététistes du Québec et Dietitians of Canada.*

**PLACE :** YMCA Guy-Favreau : 200 Boul. Rene-Levesque west, Montreal, Quebec, H2Z 1X4.  
(Accessible by metro Place des Arts or Place D'Armes)

**TELEPHONE :** *For information (514) 845-3917 poste 229 (Amélie Therrien)*

\* Please note that this workshop will be given in French but questions could be answered in English. Please bring paper, pen.

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### **Registration Form Miracle Foods And Quick Weigth-Loss Diets** **(To be returned with payment)**

Name : \_\_\_\_\_ Given name : \_\_\_\_\_

Address : \_\_\_\_\_ City : \_\_\_\_\_

Telephone : \_\_\_\_\_ Date of birth : \_\_\_\_\_

- Coupon (YMCA staff and volunteers)**
- YMCA : 28,75 \$ (Taxes included)**
- Other: 46,00 \$ (Taxes included)**

To register, please return the registration form with payment before May 28, 2005 to the attention of Amélie Therrien. (Cheques are made to the YMCA Guy-Favreau) or call at 845-4277 for registration by credit card. If places are still available, we will accept registrations on the day of the seminar.