MCC & MCC Medical Clinic presents weekly lecture series for seniors

Food as Medicine (Organ base approach)

Please register online at MCCClinic.org

Limited Space

Healthy Dinner will be provided for only registered participants

Session 1: Navigating the Maze of Food Labeling: A guide for healthcare providers "Presenter Karen Basinger Feb 9th")

Session 2: Living with Diabetes or preventing diabetes nutritional approach "Presenter Dr. Akbar (Sunday Feb 16th)

Session 3: Preventing HT by DASH (Dietary approach to stop hypertension) "Presenter Dr. Malik" (Sunday Feb 23rd)

Session 4: Hypercholesterolemia (HC) or preventing HC nutritional approach "Presenter Dr. Malik" (Sunday Apr 06th)

Session 5: Overactive bladder (OAB) or preventing OAB by proper nutrition diet "Presenter Dr. Maruf" (Sunday Apr 13th)

Session 6: Preventing fatty liver, Top 10 Secrets, eating the right food "Presenter Dr. Sufi" (Sunday Apr 20th)

Session 7: Knowing about Osteoporosis Nutrition and bone health "Presenter Dr. Kawaja (Sunday Apr 27th)

Session 8: MIND diet Brain healthy nutrition to improve Brain health

Session 9: Renal health and right nutrition to improve renal health "Presenter Dr. Ozturk" (Sunday May 11th)

Session 10: Gut health preventing cancer, proper nutrition "Presenter Dr. Sufi" (Sunday May 18th)

Session 11: Food and mood, eat well "Presenter Dr. A. R. Khan May 25th")

Session 12: Celebrating the Food as Medicine organ base approach (Healthy living)

Sunday, Feb 9th,16th, 23rd, **Ramadan break,** APR 6th, 13th, 20th, 27th, May 4th, 11th, 18th, 25th, June 1st, 2025.

TIME: 4:00PM-7:00PM

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For further information: Seniorsprogram@mccmd.org

FUNDED BY: