

Dr. Linda Bacon, PhD. Presents a Revolutionary New View  
About

## Weight Science

Why we've got it wrong & How we can make it right



Myth	Reality
Fat kills.	On average, “overweight” people live longer than “normal” weight people.
Lose weight, live longer.	No study has ever shown that weight loss prolongs life.
Anyone can lose weight if he or she tries.	Biology dictates that most people regain the weight they lose, even if they continue their diet and exercise programs.

Join us for a **provocative seminar** as Dr. Linda Bacon debunks traditionally held **myths about the relationship between weight and health**, easing concerns that dieting or controlling your eating are necessary or valuable for a healthy or desirable body, and arming you with the knowledge, resources and confidence to combat the weight myths and **support your patients in trusting their bodies.**

Dr. Bacon is a physiologist with additional graduate degrees in psychology and exercise science. She is affiliated with City College of San Francisco and University of California, Davis and author of *Health at Every Size: The Surprising Truth About Your Weight.*

Wednesday October 21, 2010

12:00 - 1:00 pm

Lecture Hall A