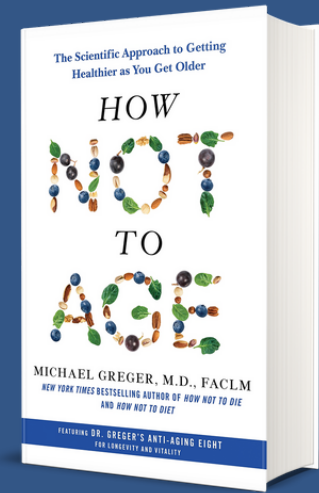


Rehoboth United
Methodist Church

Presents

Dr. Michael Greger

Thursday, March 21, 2024
6:00 PM



**The Scientific Approach
to Getting Healthier
as You Get Older**

Join us for an evening with *New York Times* bestselling author, physician, and nutrition expert, Dr. Michael Greger as he delves into the groundbreaking concepts presented in his latest book, *How Not to Age*. Dr. Greger is a founding member and Fellow of the American College of Lifestyle Medicine and critically acclaimed author of his prior books *How Not to Die*, *The How Not to Die Cookbook*, and *How Not to Diet*. Dr. Greger is also the founder of the nonprofit organization, [NutritionFacts.org](https://www.nutritionfacts.org), a public service that provides free access to the latest peer-reviewed research in nutritional science.

This is a free event open to the public as Dr. Greger gives talk about *How Not to Age*. Following his talk there will be a Q&A, book signing, and food tasting from his recipes.