

# Healthy You Network Presents, 2013

Event Information	Speakers
<p><b><u>The Road to Better Health</u></b></p> <p><b>Cost:</b> Free  <b>When:</b> Sunday, March 10  <b>noon to 5 p.m.</b> (subject to change)  <b>Where:</b> Berger Performing Arts Center,  located on the campus of  the Arizona State Schools for  the Deaf and the Blind, Tucson</p>	<ul style="list-style-type: none"> <li>• <b>Matthew Lederman</b>, M.D., co-author of <i>Keep It Simple, Keep It Whole</i></li> <li>• <b>Jeffrey Masson</b>, Ph.D. author of <i>When Elephants Weep and Dogs Make Us Human</i></li> <li>• <b>Rich Roll</b>, endurance athlete and author of <i>Finding Ultra</i></li> </ul> <p>NOTE: Seating will be on a first come basis. Call 520-275-7999 or visit <a href="http://www.HealthyYouNetwork.org">www.HealthyYouNetwork.org</a> for more information</p>
<p><b><u>Third Annual Healthy You Network Symposium</u></b></p> <p><b>Cost:</b> \$150 including lunches, \$40 students ages 12-22 with ID at the door  <b>When:</b> Saturday and Sunday, May 4 - 5  <b>9 a.m. to 5 p.m.</b> each day, with registration from 8-9 on Saturday morning  <b>Where:</b> DoubleTree by Hilton Reid Park, Tucson</p>	<ul style="list-style-type: none"> <li>• <b>T. Colin Campbell</b>, Ph.D., author of <i>The China Study</i> and the forthcoming <i>Whole</i> (May 2013)</li> <li>• <b>Erika Driver-Dunckley</b>, M.D., associate professor of neurology, Mayo Clinic Arizona</li> <li>• <b>Travis Dunckley</b>, Ph.D., assistant professor of neurogenomics, Translational Genomics (TGen)</li> <li>• <b>Caldwell B. Esselstyn, Jr.</b>, M.D., author of <i>Prevent and Reverse Heart Disease</i></li> <li>• <b>Rip Esselstyn</b>, author of <i>The Engine 2 Diet</i> and the forthcoming <i>My Beef With Meat: The Healthiest Argument for a Plant-Strong Diet — Plus 140 New Engine 2 Recipes</i> (May 2013)</li> <li>• <b>Ann Esselstyn</b>, master cook</li> <li>• <b>Jane Esselstyn</b>, educator and cook</li> <li>• <b>Scott Jurek</b>, world champion ultramarathoner and author of <i>Eat and Run</i></li> <li>• <b>Doug Lisle</b>, Ph.D., co-author of <i>The Pleasure Trap</i></li> <li>• <b>Jeff Novick</b>, M.S., R.D., L.D., L.N., nationally renowned nutritionist</li> <li>• <b>James Wilks</b>, Ultimate Fighter mixed martial arts champion</li> </ul> <p>NOTE: Registration begins February 1. Call 520-275-7999 or visit <a href="http://www.HealthyYoyNetwork.org">www.HealthyYoyNetwork.org</a> for more information.</p>
<p><b><u>A Day with Colleen Patrick-Goudreau, Michael Greger, and J. Morris Hicks</u></b></p> <p><b>Cost:</b> \$50 including lunch  <b>When:</b> Saturday, September 21,  <b>10 a.m. to 5 p.m.</b> (subject to change)  <b>Where:</b> Fox Theater, Tucson</p>	<ul style="list-style-type: none"> <li>• <b>Colleen Patrick-Goudreau</b>, author of <i>The 30-Day Vegan Challenge</i>, <i>Color Me Vegan</i>, and <i>The Vegan Table</i></li> <li>• <b>Michael Greger</b>, M.D., who daily posts the latest research findings on <a href="http://www.NutritionFacts.org">www.NutritionFacts.org</a></li> <li>• <b>J. Morris Hicks</b>, author of <i>Healthy Eating Healthy World</i></li> </ul> <p>NOTE: Registration will begin on June 15. Call 520-275-7999 or visit <a href="http://www.HealthYouNetwork.org">www.HealthYouNetwork.org</a> for more information</p>