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Separating Fat from Fiction: The Slippery Science of Fat

*Wednesday, August
10*

7 p.m.

*Rocky River Civic Center -
Memorial Hall*

*21016 Hilliard Blvd.
Rocky River, OH 44116*

Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the health and weight-loss benefits of a higher fat diet rich in eggs, nuts, healthy oils, avocados, and other delicious super-foods.



Mark Hyman, MD

Please join us to hear nationally known health expert, author, speaker and frequent Dr. Oz guest, Cleveland Clinic physician, **Mark Hyman, MD**, speaking on ***Separating Fat from Fiction: The Slippery Science of Fat*** at the Rocky River Civic Center - Memorial Hall on Wednesday, August 10 at 7 p.m. Doors open at 6:30 p.m.

This is a free event, however, registration is required.

Clevelandclinic.org/markhymanriver