



*Debby Hoffman Adair's*

# Fireside Chat I.N.G.

Intimate Network Gatherings

**September 14, 2016      6:30 to 8:30 PM      Cost: Free**

*Outside by the Fireplace*      **Panera Bread, Bedford, NH**

**Topic: Dispelling Myths Around Food and Dieting**

Please join us for an intimate Network Gathering, featuring IPPW member *Luann Colombo*. Our plan is to form new relationships and strengthen old ones as we learn more about what's healthy and what's not.

"Eat fewer fats! Don't eat fat free stuff! Cut out carbs! Sugar is poison! Don't eat fake sugar!" We are constantly being bombarded with Do' and Don'ts about what to put in our mouths! Good nutrition is not about deprivation. It's not about being hungry or feeling guilty. It's about abundance! It's nourishing our bodies with real food so we can prevent diseases, age slowly and be fueled to live a life of vitality!!

Join science author, Luann Colombo, in this interactive and entertaining discussion to...

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- Dispel myths around food and dieting
- Share health concerns about aging gracefully
- Discuss healthy fats and more

Bring your business cards and questions as we sit around the fire and learn more about healthy living... all while building relationships. First ten people who preregister will receive a complimentary Panera Bread beverage... come to the Fireplace to get your cup. *Register at [IPPW.org/](http://IPPW.org/) e-mail [Debby@DebbyAdair.com](mailto:Debby@DebbyAdair.com) or call Debby at 603-731-0116.*

*Look Who's Talking? Luann Colombo, M.Ed., has been putting science into the hands of children for over three decades. Nearly five million of her 42 children's books and games are currently in print in English and several other languages. Luann has also published curriculum for children's television programs such as Bill Nye, the Science Guy and NOVA as well as for museums and schools. She earned a BS in both Biology and Psychology and a Masters in Science Education. As a health educator, Luann combines her love of science and nutrition. Ask Luann how she is able to hug sick people*