

Health Lecture Series

Learn new and practical information about how to eat for health, beauty & longevity and how to jump start an inspiring lifestyle

DATES: January 25 – March 15

DAY: Thursdays

TIME: 6:00 – 7:00 pm

LOCATION: SIB Government Center

FEE: Free*

FREE

***REGISTRATION REQUIRED**

CALL 305.792.1706

About the Lecturer: After moving to Miami in 1998, Evelina Poletaev decided to professionally engage in what she loved all her life - health. Having received a vast amount of cutting edge modern knowledge, Poletaev started working on her own nutrition methods, based on the principle of bio-individuality of each person.



Weekly Lecture Topics

- The End of Dieting
- Mistakes You Make Trying to Lose Weight
- Fad or Fab: The Latest Dietary Trends
- The Magic World of Diet Pills
- Epigenetics and Self-Healing from Chronic & Degenerative Diseases
- Longevity at a Glance
- Prescription for Radiance, Vitality & Well-Being
- Disease-Proof Your Child. Feeding kids right.



Cultural & Community Services
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For more information about this event, please call Cultural & Community Services at 305.792.1706