In collaboration with:







Be part of a discussion on research related to Intermittent Fasting

Learn about research findings and how they relate to your health

Find answers to questions you've always wanted to ask

Dinner will be served

Visit: https://ctsi.mcw.edu/

Register today at: <u>https://is.gd/Sciencecafe</u>

Come to:

True Love Missionary Baptist Church 210 W Keefe Ave Milwaukee, WI 53212

> Contact: Kiannia Smith (414) 264-6869





You are invited to a presentation by an expert in chronic disease management and Intermittent Fasting followed by a conversation with community members.

WELLNESS CAFÉ

WEDNESDAY, February 12, 2020 @ 6:00 – 7:30 PM

Intermittent Fasting: The New Way to Control Blood Sugar and Body Weight

Discussion led by

Dessie Levy, PhD, APNP, RN Assistant Professor, CTSI Medical College of Wisconsin