

**Skyline Community  
Church's**

(2<sup>nd</sup> in Series)

**Health &  
Happiness  
Series**



**CARING FOR MIND \* BODY \* PLANET**

**SUNDAY, FEBRUARY 9, 2020      4:00-5:30 PM**  
**Skyline Community Church**  
**12540 Skyline Blvd., Oakland**

**Best and Worst of the Popular Diets:**  
*How to meet our nutrition needs and support long-term health for body and planet*

**Presentation by**  
**Catherine Kessler, RDN, CDE**  
**Registered Dietitian Nutritionist, Certified Diabetes Educator**

There will be a Q & A and discussion following the presentation.  
Healthy refreshments will be served!

Today's program is FREE. Please register at  
<https://skylineucc.org/eventsgroups>

# **Best and Worst of the Popular Diets:** ***How to meet our nutrition needs and support long-term health for body and planet***

The basics of weight management and good nutrition for disease prevention, and a comparison of the Keto, Low Carb, Intermittent Fasting,, Vegetarian, and Mediterranean Diets. Food choices for a sustainable environment will be discussed.

Skyline Community Church welcomes you to our second in a series on Health and Happiness.

**The Best and Worst of the Popular Diets: How to Meet our Nutrition Needs and Support Long-Term Health for Body and Planet.** Sunday Feb.9, 4-5:30pm. Speaker: Catherine Kessler, RDN, CDE.

Speaker, Catherine Kessler, is a Registered Dietitian, Diabetes Educator, recently retired from Oakland Kaiser. Learn about basic nutrition and digestion, nutrition essentials for health and disease prevention. Current popular diets such as the Keto, Low Carb, Intermittent Fasting, Vegetarian/Vegan, and Mediterranean diets will be assessed. How your food choices may contribute to a sustainable environment will also be discussed.

Go to [www.skylineucc.org/events](http://www.skylineucc.org/events) for more information.

Skyline is an Open and Affirming, Green, Sanctuary church at 12540 Skyline Blvd, Oakland, 94619.