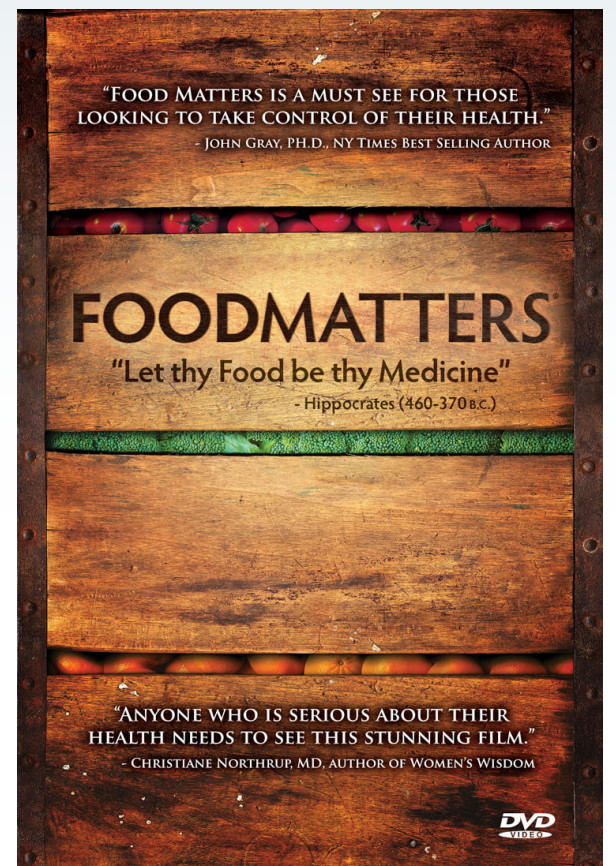


You Are What You Eat

Find out what works,
what doesn't and
what's killing you.
Become informed
about the choices
you have, which
could save your life.



Wolf Performance Hall

CENTRAL LIBRARY
251 Dundas Street

Free!
No registration required.

2 hours free validated parking in
Citi Plaza during Library hours

Tuesday, April 27, 6:30 pm-9 pm A documentary film about food industry

(call the library for more
information).

This documentary lifts the veil on the food industry, exposing how our food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the farmer, the safety of workers and our own environment. Reveals surprising - and often shocking truths - about what we eat, how it's produced.

Introduction and discussion after the film facilitated by Pam Killeen

Tuesday, May 4, 6:30 pm-9 pm FOOD MATTERS (80 min)

This groundbreaking documentary is a hard hitting, fast paced look at our current state of health. It sets about uncovering the trillion dollar worldwide 'Sickness Industry' and exposes a growing body of scientific evidence proving that nutritional therapy can be more effective, more economical, less harmful and less invasive than most conventional medical treatments.

Introduction and discussion after the film facilitated by a Naturopathic Doctor

This screening of FoodMatters is co-sponsored by Orthomolecular Health