



Chemical Institute of Canada | **For Our Future**  
Institut de chimie du Canada | **Pour notre avenir**

## Hawkesbury Local Section Event

Members and guests are cordially invited to attend our next meeting on Wednesday, April 11, 2018, which will include dinner at Restaurant Carole, followed by a talk by Dr. Joe Schwarcz of McGill University.

### *NUTRITIONAL ADVICE- IS THERE A SOLUTION TO THE CONFUSION?*

*Eating has become a confusing experience. Virtually every day brings news about some “miracle food” that we should be gulping down. It may be blueberries to prevent cancer, flaxseed against heart disease, soybeans for menopause, or green coffee bean extract for weight loss. Then there are the worries: food additives, gluten, pesticide residues, GMOs, antibiotics, meat consumption. We need proper science to guide us through this nutritional maze.*

Professor Schwarcz is director of McGill University 's Office for Chemistry and Society, which is dedicated to the dissemination of accurate scientific information and the fostering of critical thinking. He teaches chemistry at McGill and is well known for his entertaining and informative public lectures on a wide variety of topics. “Dr. Joe” also appears regularly on the Discovery Channel and has a weekly radio show and newspaper column. He has spoken to the Hawkesbury Section a number of times over the past 18 years. The subject of his lecture this time is:

Date: Wednesday, April 11, 2018

Place: Restaurant Carole, 292 Main Street East, Hawkesbury (second floor)

Time: 6:00 pm Dinner. Restaurant Carole will offer its regular menu selection

8:00 pm Lecture by Dr. Joe Schwarcz

Please call one of the following by 5:00 pm on Monday, April 9 if you are planning to attend (either dinner and the lecture, or the lecture alone):

Elliott Gardner (613) 632-8592

Don Mutton (613) 632-3331

Looking forward to seeing you on April 11

Don Mutton, secretary