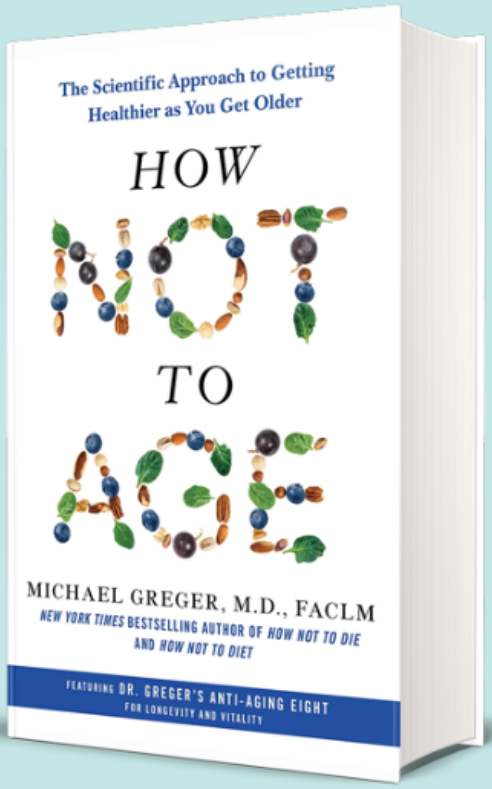
Dr. Michael Greger

Internationally recognized speaker



Tuesday, February 6th, 6:30pm

UCC Jacoby Auditorium, Roseburg OR

Author of the New York Times best-seller, “How Not to Die”, and his new book “How Not to Age,” Dr. Greger has scoured the world’s scholarly anti-aging literature. He’s developed this new presentation to deliver the good news that we have tremendous power over our longevity and health destiny. He will cover simple, natural ways to slow the aging process, the diets and lifestyles of the healthiest, longest-living populations, ways to preserve brain, bowel, and bladder function, and tips to combat skin aging and menopausal symptoms.

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