

# Lifestyle Medicine for the 21<sup>st</sup> Century



## The Wellness Challenge

A one-day seminar for Physicians and their spouses, presenting "The Wellness Challenge" by Dr. John McDougall, M.D., founder of the McDougall Program.

### SEMINAR SPEAKER

**John McDougall, M.D.**

**Internist, Author, Educator**

This seminar will address the controversial and divergent information concerning Heart Surgery, Cancer Therapy, and Drug Therapy, as opposed to Diet Therapy.

*Seminar to be held at:*

**Enloe Medical Center  
Conference Room**

1528 Esplanade  
Chico, CA 95926

**Tuesday, September 22, 2009**

3:30 p.m. - 9:00 p.m.  
Lectures and Dinner

Just **\$150**  
per person

*Spouses free!*

To enroll call:  
**(530) 876-7154**

*Meeting facilities are  
graciously provided by  
Enloe Medical Center.*



**Feather River Hospital**

*Lifestyle Medicine Department*

5974 Pentz Road • Paradise, CA 95969

"Physicians receive almost no education about the role of the rich Western diet in the cause of coronary artery disease and the right way to eat to prevent it."

— John McDougall, M.D.

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## The Wellness Challenge

### Physician's Seminar

**Tuesday, September 22, 2009**

3:30 p.m. – Registration  
4:00 p.m. – Afternoon Lectures  
6:15 p.m. – Dinner  
7:00 p.m. – Evening Lectures  
8:45 p.m. – Questions and Answers  
9:00 p.m. – Adjourn

### CME Credit

Physicians attending the Lifestyle Medicine seminar are eligible for **4 AMA PRA Category 1 Credits™**

### Seminar Sponsors



**Feather River Hospital**

**A one-day seminar for Physicians and their spouses, presenting "The Wellness Challenge" by Dr. John McDougall, M.D., founder of the McDougall Program.**

This seminar will address the controversial and divergent information concerning Heart Surgery, Cancer Therapy, and Drug Therapy, as opposed to Diet Therapy. It is Dr. McDougall's contention that current medical practice does not effectively treat the most common diseases of the day, including heart disease, stroke, diabetes, hypertension, cancer and obesity, and that these diseases can be prevented, and/or reversed using a plant-based diet.

John McDougall, M.D., an established authority and noted speaker on the subject of lifestyle medicine and its use in the treatment and prevention of disease, will lead the seminar. Currently, he is investigating "starch", and its use in a specific diet that best supports health, function, and longevity. He has been studying, writing, and speaking about the effects of nutrition on disease for over 35 years.

This is a wonderful opportunity to get CME without the expense and inconvenience of travel.