



The Healthy City Association and Great Life Global are organizing a three-day event on the subject:

# FOOD AS MEDICINE



Lecturer: **Lino Stanchich**, one of the world's leading experts in the sector of macrobiotics. During nearly fifty years of work experience, he has advised thousands of people, helping them to create a healthier, happier and more fulfilling life. He lectures around the world and is the author of several books, including *The Natural Bladder Control Program* and *The Power Eating Program, You Are How You Eat*.

## Agenda:

1. 07.06. (Friday), GK Marka Marulića, Ulica slobode 2, 21000 Split, CRO  
Public lecture **Food as Medicine** (19 pm, free entry)
2. 08.06. (Saturday), Kuhinja za edukaciju UZG, Ljubićeva 12a, 21000 Split, CRO  
Seminar **Practical Knowledge to Enhance Your Health** (9 am-16 pm, break 12-13<sup>30</sup> pm)
3. 09.06. (Sunday), Kuhinja za edukaciju UZG, Ljubićeva 12a, 21000 Split, CRO  
**Individual and/or Group Consultations** (by appointment)

Through the exciting lectures, you will learn how to improve your health and increase your natural energy, prevent epidemic diseases using proven natural diet, successfully control your weight and achieve psychophysical balance. Nutrition is the basis of human mental and physical appropriate conditions. As it can be harmful to overall human health, properly designed and regulated, it can help you improve on all aspects – intellectual, business, sports, recreation, etc.

Note: Participation in the seminar and consultations requires registration and payment in advance.

For more information, please contact:

**Health City**, e-mail: [ured@zdravigrad.hr](mailto:ured@zdravigrad.hr), 21000 Split, CRO [www.zdravigrad.hr](http://www.zdravigrad.hr)  
**Great Life Global**, Asheville, NC 28805, USA, [www.greatlifeglobal.com](http://www.greatlifeglobal.com)