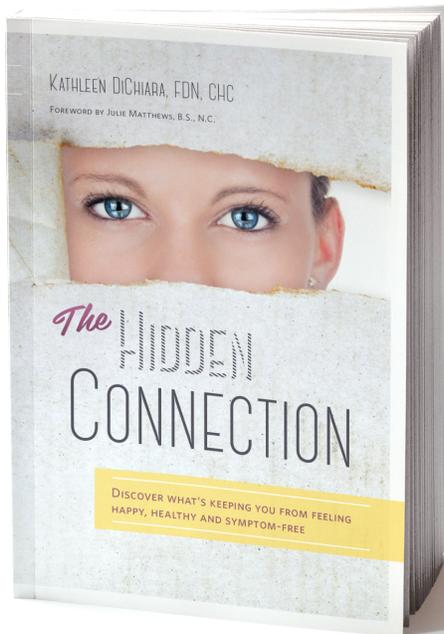


Meet the Author

Discussion ~ Q & A ~ Book Signing

Discover how FOOD, NUTRITION and ENVIRONMENT affect every aspect of your life



You will learn:

- The scientific connection between diet & chronic symptoms that you need to know
- How to avoid common nutritional pitfalls
- Which foods & ingredients keep you sick
- How to add in nutrient-dense foods
- How to make meals that nourish the whole family

Wednesday, February 24
6:30 p.m.

Bancroft Memorial Library
50 Hopedale Street, Hopedale, MA

Graciously hosted by
Friends of the Hopedale Library

Kathleen DiChiara is the author of the bestselling book *The Hidden Connection*. She is a Functional Diagnostic Nutrition practitioner and a Certified Integrative Nutrition Health Coach with specialized training in the biomedical approaches and supplemental interventions to autism. Kathleen is the Founder of Rhode to Health, Inc., a community-based organization devoted to teaching people about real food and holistic health. She is a professional-trained chef and is board certified by the American Association of Drugless Practitioners. Kathleen proudly leads a local Chapter for the Weston A. Price Foundation (WAPF), which is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. She also serves as the President and Chair of the Board for 501(c) 3 non-profit agency in Rhode Island that serves over 40,000 individuals with special health care needs.



TO REGISTER please call the library at 508-634-2209 or use the sign-up sheet at the front desk of the library.