

THE STRAIGHT TALK ON HEALTHY AGING



What are antioxidants?

*Can having a diet rich in antioxidants
really help prevent disease?*

How can I reduce my stress level?

What factors determine how healthy I'll be?

February 5, 2010

6:00 - 8:00 p.m.

USC Orange County Center
2300 Michelson Drive
Irvine, CA 92612

To find out the answers to these and more, join us for a panel discussion moderated by *Dr. Gerald C. Davison*, dean of the USC Davis School of Gerontology and featuring gerontology faculty members Drs. *Kelvin Davies, Ed Schneider and Joanna Davies*.

Admission is \$10 per person and will include light refreshments.



For more information, or to RSVP, visit:

<http://alumni.usc.edu/aging>

