



Jeff Novick, MS, RD, LD/N is a nutrition educator in Florida, where he teaches the prevention, management, and reversal of disease through nutrition and lifestyle modification. He is also the most recent addition to the staff at the prestigious McDougall Program. Jeff is known for his insightful, humorous workshops that have audiences laughing and learning. He is a registered dietitian and holds undergraduate and graduate degrees from Indiana State University in Food and Nutrition and in Exercise Science. He combines this with a background in culinary arts.

JEFF NOVICK, R.D.

PRESENTS

“Health Food vs. Healthy Food”

Jeff Novick will take us on an eye-opening and often hilarious walk down the grocery store aisles. He will demonstrate how to tell the difference between “health food” and healthy food, how to understand food marketing and labels, and why this is so important to your health.

SAT., FEB. 9TH, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Mr. Novick will also be speaking on Maui on Fri., Feb. 8th at 7 p.m. at the Cameron Center, 95 Mahalani St, Wailuku, Maui.



Vegetarian Society of Hawaii

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