

The MacEwan Staff Association invites you to join the October Tidbit Café:

## The Sweet Side of Eating

Do you love sugar, crave sugar? Come and learn about some of the 78 metabolic consequences attributed to sugar consumption. Sugar comes in many forms, some of which can negatively affect your thinking, your energy levels, the aging process, and ultimately, your health in general.

This Tidbit will help you make knowledgeable choices when it comes to sugar in its deadliest forms. Discover ways to enjoy the sweet side of eating without harming your health!



**Thursday, October 19**

**Noon – 1 p.m.**

**CCC - Room 9-103**



### Karlien Bester, Certified Holistic Nutritionist

Karlien immigrated to Canada from South Africa in 2004, with her husband and two children. About two years into her stay in Edmonton, she started on her nutritional studies with Edison Institute of Nutrition, and graduated with a Master of Applied Science in Nutrition in 2013. She's been in practice for two years and currently works at the Oliver Chiropractic Wellness Clinic. She believes that health starts with a good diet, and that it's never too early or too late to change the way we eat and think of food.

### Please RSVP

Space is limited. Confirm your participation by [filling out this form \(https://goo.gl/ST82K6\)](https://goo.gl/ST82K6). You will need to **sign in with your MacEwan University account** (i.e. name@macewan.ca).