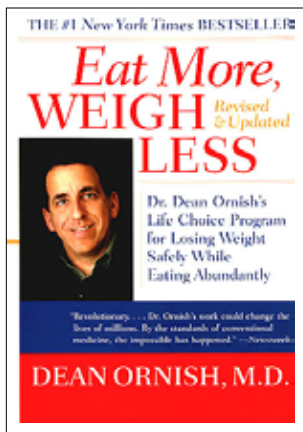


sundance

TREE ROOM AUTHOR SERIES

SATURDAY, 12 DECEMBER



Dean Ornish, MD

Author of *Eat More, Weigh Less*

Dean Ornish, MD, is the founder and president of the nonprofit Preventive Medicine Research Institute in Sausalito, Calif., where he holds the Safeway Chair. Ornish is clinical professor of medicine at the University of California, San Francisco and received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. In his book, *Eat More, Weigh Less*, he explains that the key to good health and weight loss is not necessarily eating less and restricting calories but in eating foods that are high in fiber, low in fat. These foods can be eaten in abundance and not only lead to weight loss but to health and well being without deprivation.

BYU FACULTY

Arrive at NOON for a Tree Room brunch including lecture, discussion, book and book signing: \$50.00

BYU STUDENTS

Arrive at 1:00 P.M. for the author lecture, discussion, book and book signing: \$15

Purchase online at http://www.sundanceresort.com/create/hap_literary.html or for further details, call (801) 223-4074. This is a joint venture between Sundance and the Kennedy Center.

