



# Put a little **COLO** **R** in your life!

*A free community workshop about plants and your health*

A diet rich in fruits and vegetables clearly has been shown to have significant health benefits. New information about how specific compounds from botanicals, or plant sources, can improve health has been found. This symposium will provide information on how the compounds in plants that provide color to the fruit or berry may have an added benefit to promote health.

## **FREE and open to the public!**

Tuesday, February 23 - 5:00 - 8:00pm  
C.B. Pennington, Jr. Building  
Pennington Biomedical Research Center  
6400 Perkins Road - Baton Rouge, LA 70808

Register online at [www.botanical.pbrc.edu](http://www.botanical.pbrc.edu)  
or contact us at:  
225-763-2629  
[anne.schulte@pbrc.edu](mailto:anne.schulte@pbrc.edu)

**5:00 - 6:00**

Doors Open  
Exhibits

**6:00 - 6:20**

Overview  
How We Approach the Study of  
Plants and Your Health  
William Cefalu, MD

**6:20 - 6:50**

How to Eat the Rainbow  
Heli Roy, PhD, RD

**6:50 - 7:20**

Why Eat the Rainbow?  
Catherine Champagne, PhD, RD

**7:20 - 7:50**

A Colorful Way to Prevent  
Diabetes - A Berry Good Idea!  
April Stull, PhD, RD

**7:50 - 8:00**

Questions and Answers