



Do hot peppers help fight the flu? Eating hot chilis to fight sickness comes from that idea that spicy foods fight infection by causing you to sweat, but there's no evidence to suggest that eating hot peppers wards off the flu. Find out what works. Build a better body — and mind. Join others in your community to learn how **Live Well Lakewood** is doing more than providing words of encouragement towards a healthier lifestyle. We are providing support.



Live Well Lakewood **FREE** Health Fair
Saturday, January 24, 2009
Garfield Middle School, 10am–3pm

Learn the benefits of eating locally
Find out the best places to walk in the winter
Make connections to your neighbors
Sign up for drawings to win prizes
Link up with local health conscious vendors
Discover Lakewood in a new way!

Speakers and Book Signings



11am Dr. Michael Roizen, physician and best-selling author of "RealAge: Are You As Young As You Can Be?" to discuss healthy living for the entire family.



1pm Joy Bauer, nutrition-diet expert for the Today Show and best-selling author of "Food Cures" to speak about the benefits of eating well for both adults and children.