



Seminar: You Are What You Eat

1 message

Tubbataha Reefs Natural Park <tubbataha88@gmail.com>

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Dear Members of the TPAMB,

Saguda Palawan, Inc., Friends of Tubbataha, Inc., and the Tubbataha Management Office will sponsor a seminar on health and wellness entitled: **You Are What You Eat, on 7 and 8 February 2023 at the VJR Hall, 1st Flr., Provincial Capitol Building.**

The objectives of the seminar are to:

1. Explain how people's health is shaped by social, economic, political, and cultural factors and how the interplay of such factors affects the functioning of the human body;
2. Discuss how the utilization of indigenous food resources and a return to traditional diets can help promote community health, alleviate poverty, and conserve local biodiversity; and,
3. Improve health literacy by making participants aware of the impacts of their food choices on their body and on the environment.

Our resource person is Dr. Susana M. Balingit, MD, who has nearly four decades of experience in community-based health and development programs utilizing indigenous food sources for the treatment of illnesses and the promotion of health and wellness. She is the Medical Director of The Farm in San Benito, an eco-luxury holistic medical wellness resort in Batangas, Philippines.

The seminar, including food and handouts, is free-of-charge to all participants. Only those who can attend the two-day seminar are invited to give room to participants who can complete it.

We invite you to attend the seminar or send a representative to join this transformative event. Please email or message us to confirm your, or your representative's attendance on or before 31 January (Tuesday).

Thank you.

Angelique Songco

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