



MEN EDUCATING MEN ABOUT HEALTH PRESENTS

SEMINARS AT **GetHealthy Pasadena***

Saturday, June 7, 2014 at Pasadena City College



9:00 am to 10:00 am

DOES KIDNEY AND LIVER DISEASE LEAD TO DIABETES AND HIGH BLOOD PRESSURE? OR DOES DIABETES AND HIGH BLOOD PRESSURE LEAD TO KIDNEY AND LIVER DISEASE?

TOPIC: Why are liver & kidney disease, diabetes and high blood pressure on the rise and what can we do to stop it?

Panelists: John Bianchi of MEMAH, Yuman Fong, MD, of the City of Hope, Franco Reyna of the American Diabetes Association, and Beauty Swe, MD

10:00 am to 10:45 am

MEN, WE HAVE A PROSTATE. WE SHOULD TAKE IT SERIOUSLY!

TOPIC: We do not have to die at an early age from the pain and misery of prostate cancer. So this seminar is of great value not just to men but also to the women in their life.

Panelists: Bruce Baptie of MEMAH, Dr. Mark Kawachi of the City of Hope, Russell Thomas of the Prostate Cancer Research Institute, and Dr. Kristina Wittig of the City of Hope

10:45 am to 11:45 am

MENTAL ILLNESS AND GUNS

TOPIC: As we look around there are many headlines that deal with the unpleasant, sometimes tragic, dilemma of mental illness and guns. This is a very current issue, affecting many lives, with a question that all of us can ask ourselves: What can the public do to help save people's lives? Come and be informed.

Panelists: Victor Cass, president of the National Alliance on Mental Health (NAMI) / Pasadena Police Department, Dr. Jerome Lisk, MD, of MEMAH, and Dr. Rick Williamson, psychologist of the Headington Institute

11:45 am to 12:30 pm

DO YOU KNOW THAT 75% OF THE PACKAGED FOOD YOU'RE EATING CONTAINS GENETICALLY MODIFIED INGREDIENTS? WHAT ARE THE HEALTH RISKS?

TOPIC: Why independent researchers & the scientific community are warning of the unproven safety of GMO foods.

Speaker: Jayme Hirashiki, nutritional researcher and president of Ziquin Educational Group

*** Those who attend 3 seminars will receive a VIP pass. Participants who attend 2 seminars and get 3 health screenings also receive a VIP pass. The VIP Pass is a fast track to getting both screenings and lunch.**

Lunch is being generously provided by the following sponsors: → Bristol Farms, 606 Fair Oaks Avenue, South Pasadena → Corner Bakery, 345 South Lake Avenue, Pasadena → Heirloom, 807 Meridian Avenue, South Pasadena → StoneFire Grill, 473 North Rosemead Blvd, Pasadena → Twohey's Restaurant, 1224 Atlantic Blvd, Alhambra → Robin's Wood Fire BBQ, 395 North Rosemead Blvd, Pasadena → Whole Foods, 465 South Arroyo Parkway, Pasadena, which is providing breakfast for people attending the first 2 seminars