

Wellness Wednesday Seminar with MemorialCare's Mary B. Welch, MS, FNP, AOCN

TOPIC:

Nutrition & Preventive Health

WHEN: Wednesday, March 18

TIME: 11:00 a.m. – 12:00 p.m.

WHERE: LBTCO Alamitos Landing
In-Person & Virtual

ABOUT THE SEMINAR:

This wellness seminar focuses on utilizing nutrition as a "food as medicine" approach to prevent and manage chronic diseases such as heart disease, cancer, obesity and diabetes.

The speaker will cover strategies to reduce inflammation, stabilize blood sugar, and improve gut health, with a focus on sustainable, long-term dietary changes.



About the speaker:

Mary B. Welch is an Oncology Nurse Practitioner with MemorialCare Long Beach. She was a lifelong yo-yo dieter and overcame obesity by eating real food. She now spreads the word about the health risks of being overweight and encourages health optimization by lecturing to the community.

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