

**FOR IMMEDIATE RELEASE:**

## **Are you going nuts?**

### **Nationally known diet and nutrition expert Jeff Novick to speak at PBCC April 29 on “The Truth about Fats, Oils, Nuts and the Mediterranean Diet”**

(Boca Raton, Fla. - April 17, 2009) Health conscious individuals trying to sort through the mounds of conflicting information about fats, oils and nuts can get the skinny from nationally known diet and nutrition expert Jeff Novick at Palm Beach Community College on April 29.

Novick, who has appeared on the “Today Show,” “Fox News,” and the “Discovery Health Channel” and who has been quoted in newspapers and magazines around the country, will give a two-hour nutrition presentation titled “Are you Going Nuts? —The Truth about Fats, Oils, Nuts and the Mediterranean Diet.” It will be held from 4 p.m. to 6 p.m. in Room 103 in the Countess de Hoernle Humanities & Technology Center at PBCC in Boca Raton, 3000 Saint Lucie Ave., Boca Raton. The session is \$20 and it’s open to the public. It is free for PBCC students, faculty and staff.

The event is sponsored by PBCC’s Boomer Institute as part of its Distinguished Speakers Series. The Boomer Institute provides a variety of informative programs, lectures and courses of interest to the Baby Boomer generation, as this generation expands their horizons with innovative adventures, new career transitioning, and preparing for retirement.

Novick has over 24 years of experience in nutrition, health and natural living. His insightful and humorous approach to nutrition and health has helped thousands worldwide make the transition to healthy living. He holds both undergraduate and graduate degrees from Indiana State University in nutrition with minors in exercise science.

He serves as director of health education for the National Health Association and as the nutritionist/dietitian for the McDougall Program in Santa Rosa, California. For almost a decade, he served as the director of nutrition at the world-renowned Pritikin Center in Aventura, Fla. He also has taught nutrition classes at Indiana State University, Indiana University Medical School, the University of Miami Medical School and the Florida Academy of Family Physicians and lectures at medical conferences around the country. While in Indiana, he created and taught the Nutrition Education Initiative, a preventive medicine curriculum for medical doctors, residents, and medical students. In recognition

of this groundbreaking project, Indiana's governor awarded him the Indiana State Public Health Excellence in Health Science Award, and Indiana State University awarded him the Graduate-of-the-Last-Decade Award.

For more information call (561) 862-4705, visit [www.pbcc.edu/ccesouth.xml](http://www.pbcc.edu/ccesouth.xml) or e-mail [ccesouth@pbcc.edu](mailto:ccesouth@pbcc.edu).

**About Palm Beach Community College:** Serving more than 46,000 students annually, Palm Beach Community College is the largest institution of higher education in Palm Beach County, providing the bachelor's degree, associate degrees, professional certificates, career training and lifelong learning. Florida's first public community college, PBCC offers more than 100 programs of study at locations in Lake Worth, Boca Raton, Palm Beach Gardens and Belle Glade.

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