



Get on Track to a Healthier You!

YOU'RE INVITED! Please join us for the upcoming forums



Is sugar Toxic? This is a forum that you don't want to miss!

Taking a good look at the role sugar and sugar toxicity plays in "Family Health History"

Please register at: <http://www.caa.wa.gov/>

When: Friday, July 13, 2012, 5:00 p.m. – 7:00 p.m. Vancouver, YWCA Clark County, 3609 Main Street
Friday, September 9, 2012, 5:00 p.m. – 7:00 p.m. Seattle, Central Area Motivation Program, 722 18th Avenue

These **FREE EVENTS** are sponsored by the Washington State Commission African American Affairs and the Governor's Interagency Council on Health Disparities, Thompson Russell African American Health Roundtable, and Washington State Association of Black Professionals in Health Care. **We look forward to seeing you all there.**

Please forward this invitation and informational flyers on as appropriate. If you have any difficulty registering, please call Pam Morris at 360-725-5664. For more information contact Commissioner Winona Hollins-Hauge at wdhauge@hotmail.com or Commissioner Deena Pierott at deena.pierott@gmail.com.

Forum Description:

The chances are good that sugar is a bigger part of your daily diet than you may realize which is why our forums are so important to attend. We have a dynamic local Physician **Dr. Karen Hurley, N.D.**, practices Naturopathy in Federal Way and Seattle, Washington. Who will share her great passion and insight on "Is Sugar Toxic?" If you are what you eat, then what does it mean that the average American consumes 130 pounds of sugar a year? New research showing that beyond weight gain, sugar can take a serious toll on your health, worsening conditions ranging from heart disease to cancer. Some physicians go so far as to call sugar a toxin.

Supplies Needed:

Please bring one nutrition label from a food that you eat on a regular basis.

Skills/Knowledge:

- Understand how sugar works in or body from a cultural perspective
- Obtain a clear understanding about being hooked on sugar and why it's not so easy to "just say no"
- Understand the Importance of Reading Nutrition Labels
- Understand the Carbohydrate Content of Foods and a simple way to count sugar

Participant Outcomes:

By the end of the 90-minute presentation, participants will have a clear understanding of how sugar works and they can do,