



CEDARS-SINAI MEDICAL CENTER.

**NEWS**

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FOR IMMEDIATE RELEASE – February 24, 2004

**CEDARS-SINAI MEDICAL CENTER'S FOOD AND NUTRITION DEPARTMENT WILL HOST "THE 2004 ANTI-AGING SEMINAR"**

**LOS ANGELES (February 24, 2004)** – Did you know that the foods we eat can be our most powerful weapon in the battle against aging? Wrinkles, fatigue, and strained vision are just a few of the challenges that more than 75 million baby boomers are facing daily. Cheryl Forberg will share advice and her best-kept anti-aging secrets that you can find in your own kitchen.

Cedars-Sinai Medical Center's Food and Nutrition Department will host a seminar, "The 2004 Anti-Aging Seminar: Defy Aging – Eat the Foods You Love," for adult members of the community, and the baby boomers who are interested in taking better care of themselves and looking younger, on Wednesday, March 10, 2004, 6 – 9 p.m., at Cedars-Sinai Medical Center, in the Harvey Morse Auditorium.

The seminar is **free**. Parking will be validated, and light, healthy hors d'oeuvres will be provided. Advance reservations are required. Please call (310) 423-4524 by March 5, 2004 to RSVP.

Cheryl Forberg is a graduate of the California Culinary Academy in San Francisco and University of California, Berkeley and is a former research dietitian at Cedars-Sinai Medical Center. She is a contributing writer and recipe developer for such publications as *Sunset* magazine, *The Washington Post* and *Health* magazine. Forberg is a dietitian in private practice in Los Angeles and teaches cooking classes nationally.

Cedars-Sinai Medical Center is one of the largest nonprofit academic medical centers in the Western United States. Again in 2003, Cedars-Sinai was named Southern California's gold standard in health care in an independent survey by the National Research Corporation. Cedars-Sinai is internationally renowned for its diagnostic and treatment capabilities and its broad spectrum of programs and services, as well as breakthroughs in biomedical research and superlative medical education. Named one of the 100 "Most Wired" hospitals in healthcare in 2001, the Medical Center ranks among the top 10 non-university hospitals in the nation for its research activities.

For more information on other Cedars-Sinai's programs and services, please visit [www.cedars-sinai.edu](http://www.cedars-sinai.edu) or call 1-800-CEDARS-1 (1-800-233-2771).

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