**Wellbeing** is often defined as a state of being in balance or alignment (body, mind and spirit). It is also described as being healthy, connected to purpose, in harmony, happy, prosperous and safe.

*The Center for Spirituality & Healing* advances the science and research of health and wellbeing in this new series that brings world-renowned experts to the University of Minnesota. Whether you are a healthcare professional or consumer, this series will expose you to the latest knowledge and tools for optimal health and wellbeing.

**Future speakers include:**

- **Barbara Frederickson**
  The Science of Positivity
  September 28, 2012
  3 - 4:30pm

- **Brené Brown**
  How Empathy, Shame, and Vulnerability Influence Health and Wellbeing
  November 14, 2012
  3 - 4:30pm

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**The Wellbeing Series welcomes**

**Walter Willett, MD, PhD**

**April 9, 2012**

**Diet and Health: A Progress Report**

Get an update on the latest science regarding diet and health and learn about the Healthy Eating Plate.

- **Time:** 3 - 4 pm Lecture
  4 - 4:30 pm Q&A followed by reception

- **Location:** Coffman Union Great Hall

- **Cost:** $20 General Public
  $10 U of M students

**10% discount for UMAA/UMRA members**

Registration: tickets.umn.edu
Directions and parking: sua.umn.edu/about/directions/coffman.php

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**Walter Willett, MD, PhD**

For the last 20 years, nutrition experts have advised us to reduce total fat intake and consume large amounts of carbohydrates. However, this advice is inconsistent with evidence indicating that unsaturated fats have beneficial metabolic effects and reduce risk of coronary heart disease. More recent research has also shown that the large majority of carbohydrates in highly-processed diets have adverse metabolic effects and increase risks of obesity, heart disease and type 2 diabetes. In an optimal diet, most calories should come from a balance of whole grains and plant oils, proteins from a mix of beans, nuts, fish, eggs, and poultry, along with plenty of vegetables and a few fruits. Important considerations include the role of dairy products, the interrelationships with physical activity and genetic variations, the implications of our food choices on environmental sustainability, and how we move from today’s pathological diet to a more optimal way of eating. Join us on April 9 to learn more!