



*Where Medical and
Healing Arts ConvergeSM*

Educational Event

Introduction to Skin Health Nutrition

Saturday, April 18, 2009

2:15 pm to 3:00 pm

Light refreshments will be served

Healthy skin begins with good nutrition. A well-balanced diet is essential for healthy skin by supplying essential vitamins A, C, and E, and minerals such as selenium and zinc. Combined with balanced nutrition, adequate sleep, balanced hormones and managed stress, the Tikkun Holistic Skin Care department provides various resources and products to optimize skin health.

This afternoon program provides an introduction to a 12 week nutrition program beginning May 2009 with program speaker and nutritionist, Liliana Partida.

Speakers: Liliana Partida, Certified Nutritionist



Liliana Partida,
Certified Nutritionist

Tikkun Holistic Medicine

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