

# Less of You to Love

## ***A Nutritionist's Secrets for Successful Weight Management***

***Lecture presented by Neil E. Levin, CCN, DANLA***

- Learn:** Principles for gradual & sustainable natural weight loss
- What to eat:** Including the one essential metabolism boosting component of every meal
- When to eat:** How often and how many meals a day
- How to eat:** Conscious eating and digestive tips

**Wednesday, April 28th  
7pm Meet & Greet, Lecture 7:30pm**

**NEW LOCATION**

**Concordia University, Christopher Ctr., 7400 Augusta St., River Forest, IL 60305**

*Concordia University is in River Forest, next to Oak Park, and 15 min west of the Loop. The Christopher Center is in the SW corner of campus, at Augusta and Monroe. Enter at Bonnie Brae Street to park in the campus parking garage. Limited parking near Christopher Center, enter on Augusta Ave. & park in any lot next to the Christopher Ctr.*



**Neil E. Levin, CCN, DANLA** is a board certified clinical nutritionist with a Diplomate in advanced nutritional laboratory assessment. He is a professional member of the International & American Associations of Clinical Nutritionists and serves on the Scientific Council of the national Clinical Nutrition Certification Board.

Neil is a Past President and currently serves on the board of the American Nutrition Association. He serves on the board of directors of the Mid-American Health Organization (MAHO), the Midwest regional affiliate of the National Products Association (NPA).

Call 708-246-FOOD (3663) or email [Contact@AmericanNutritionAssociation.org](mailto:Contact@AmericanNutritionAssociation.org) for tickets  
Seating Limited. Admission \$20 - Free for ANA Members

Lecture presented by the American Nutrition Association® with the cooperation of Concordia University

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