



Café Sci2 Monday 21 November 2011

at Brooklyn's

<http://www.brooklynsrestaurants.com/>

901 Auraria Parkway, Denver, across Auraria Parkway from the Auraria campus

No More Pills! Exercise is Medicine: Using Exercise to Improve Health

**Andrew Freeman, MD, FACC, FACP, Department of Medicine
National Jewish Health**

Join us for a discussion on the scary trends of obesity in this country, the cost of obesity and sedentary lifestyle (and perhaps a way to balance the budget), and the benefits of exercise on nearly every body system. We'll explore the mechanisms of obesity, some genetics, disease mechanisms, and the amazing health benefits of the best, free, wonder-drug: regular exercise. We'll see how exercise can reduce the likelihood of death, reduce age-related brain decline, improve heart function and more.

Finally, we'll explore a new patient-centered way of getting people inspired to exercise which has made its way to Denver.

EVERYONE IS WELCOME. The discussion starts at 6:30 in upstairs lounge area. Come before 6 PM to leave yourself time to get something to eat. We end around 8 PM.

There's no charge. Brooklyn's is generously providing the facility; we buy our own food & drinks. It is first come, first seated, and **seating is limited** so that everyone can take part in the discussion. Parking cheap or free in Pepsi Center lot SW of Brooklyn's. Mention the Café !

We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to ericM@iqwired.net

**Essential information about the topic and the event on our Web site at:
<http://cafescicolorado.org/>**