



Do hot peppers help fight the flu? Eating hot chilies to fight sickness comes from that idea that spicy foods fight infection by causing you to sweat, but there's no evidence to suggest that eating hot peppers wards off the flu. Find out what works. Build a better body—and mind. Join others in your community to learn how **Live Well Lakewood** is doing more than providing words of encouragement towards a healthier lifestyle. We are providing support.



# Live Well Lakewood **FREE** Health Fair

## Saturday, January 24, 2009, 9am–3pm

### Garfield Middle School, 13114 Detroit

Call 216.529.7695 or visit [LiveWellLakewood.org](http://LiveWellLakewood.org) for more information

Find out the best places to walk in the winter  
Free Health Screenings 9am–11am (limited)  
Learn the benefits of eating locally  
Link up with local health-conscious vendors  
Make connections to your neighbors  
Sign up for drawings to win prizes

### Speakers and Book Signings



**11am** Dr. Michael Roizen, best-selling co-author of the “You” books and dynamic speaker will present “*Your Beautiful Day.*” He will give tips on how to achieve both inner and outer beauty.



**1pm** Joy Bauer, *Today Show* nutrition and health expert and leader of the Joy Fit Club recently released “*Joy’s LIFE Diet.*” She will speak about the benefits of eating well.