



## INSIGHTS Lecture Series

### How your diet really affects your body

Did you make a New Year's resolution to lose weight in 2021? There are many diet trends and fads on the market, but how do they really affect our health? Learn from our scientists the links between diet, chronic diseases, longevity and aging. Your diet may be more significant to your health than you realize.

Join our panel of researchers and hear what they're learning about diet and health. We'll explore how calories, fat and sugar affect the heart, liver and the aging process. Start the year with scientific insights about how what you eat can support your long-term health.

A Q&A session will follow the presentation and will give you an opportunity to personally connect with our scientists and have your questions answered.

#### Speakers:



**Aaron Havas, Ph.D.**  
Postdoctoral Associate  
Tumor Initiation and Maintenance Program  
NCI-Designated Cancer Center  
Sanford Burnham Prebys Medical Discovery Institute



**Cynthia Lebeaupin, Ph.D.**  
Postdoctoral Fellow, NIH National Research Service Award (NRSA)  
Degenerative Diseases Program  
Neuroscience and Aging Research Center  
Sanford Burnham Prebys Medical Discovery Institute



**Karen Ocorr, Ph.D.**  
Assistant Professor  
Development, Aging and Regeneration Program  
Neuroscience and Aging Research Center  
Sanford Burnham Prebys Medical Discovery Institute



Join our digital event!

Thursday,  
**January 14, 2021**  
1:00pm – 2:00pm

[Register Now!](#)