

**Save the Dates!**

## **Join us for a 2-part series on Low Carb Diets**

**Please join Dr.'s Jonathan Little &  
Barbara Oliveira from UBCO**

**Where: Downtown YMCA (505 Doyle Ave.)  
When: January 28<sup>th</sup> & February 25<sup>th</sup> 6-7pm**

**January 28<sup>th</sup>**



**Dr. Jonathan Little**

**Dr. Little is an exercise physiologist and  
associate professor at UBC, who will:**

- Overview low-carb diets
- Outline why such diets may be considered for individuals at risk for developing type 2 diabetes

**February 25<sup>th</sup>**



**Dr. Barbara Oliveira**

**Dr. Oliveira is a registered dietitian and  
post-doctoral fellow at UBC, who will:**

- Provide practical tips and strategies for adopting a low carb diet
- Share a number of low carb recipes

**There will be time for questions, so please come prepared with your  
burning questions about low carb diets!**

**RSVP early, as there is limited seating. Please RSVP to Lois  
([lghourston@gmail.com](mailto:lghourston@gmail.com)).**