

# **Nutrition trends subject of talk at LTCC**

The next Barton wellness lecture is titled Making Sense of Current Nutrition Trends.

Greg Bergner, Barton Health medical director of lifestyle and wellness, will talk about how eating patterns effect longevity and how healthy eating can reverse disease. He will share what foods are best for a healthy life.

The free talk is March 8, 6-7pm in the board room at Lake Tahoe Community College.