

Carlsbad Newcomers

presents

Philip J. Goscienski, M.D.,

Author

"Health Secrets of the Stone Age"

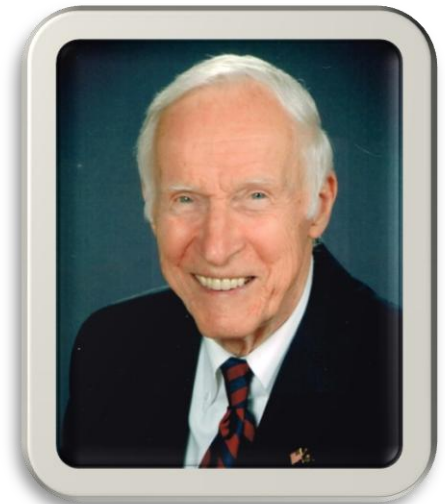
Wednesday, February 7, at the Carlsbad Senior Center, Activity Room
799 Pine Ave., Carlsbad, CA 92008

9:45 a.m. **Socializing—free refreshments!**

10:15 a.m. **Meeting and Presentation**

11:30 a.m. **Adjournment**

Philip J. Goscienski, M.D. has a 47 -year career in clinical and academic medicine. He received his medical degree from the New Jersey College of Medicine and Dentistry. He is a Fellow of the American Academy of Pediatrics. He retired from the US Navy with the rank of Captain and served as Head of Infectious Diseases Branch, Department of Pediatrics, Naval Regional Medical Center, San Diego. He then was the Clinical Professor of Pediatrics at the University of California at San Diego School of Medicine until his retirement.



Dr. Goscienski is the author of more than 700 newspaper and magazine articles and several medical journal articles and textbook chapters. He drew on his interests in biology, anthropology, paleopathology and physical fitness to develop **Better Life Seminars**, a series of presentations exploring how our most distant ancestors lived and how we can apply this knowledge to extend our healthspan avoiding major chronic diseases of our age. His award winning book, **Health Secrets of the Stone Age** is based on his seminars and on the most recent findings in medical and anthropological research.

One of his 75 seminars is on the health benefits of red wine and dark chocolate which contain helpful nutrients. Not all forms of these pleasurable foods are healthy, however. Learn which claims are legitimate and how to select the healthiest forms of wine and chocolate.

Newcomers meet monthly on 1st Wednesdays at the Carlsbad Senior Center:
Newcomer information: 760.574.7472 or www.carlsbadnewcomers.org

