



Keeping the Pulse with Dr. Ian Smith

Join us on Wednesday, February 22nd, for a special event with celebrity medical expert Dr. Ian Smith. Discover your body's warning signals as we explore total mind and body wellness. After the event, visit the Dining Halls for their "Focus on Health" for the all you care to eat options. Make 2012 the year you commit to your health and wellness!

Date: Wednesday, Feb. 22, 2012

Time: 3:00 p.m. to 4:30 p.m.

Location: Student Center East, Room 302

Dr. Ian Smith is currently the medical/diet expert on VH1's highly-rated "Celebrity Fit Club," the creator and founder of The 50 Million Pound Challenge and a medical contributor on the nationally syndicated television show "Rachael Ray." Dr. Smith is also the host of his own nationally syndicated radio show "HealthWatch" on American Urban Radio Networks. You may have also seen him on shows like "NBC Nightly News", "Today", "The View," and "Anderson Cooper 3600."

Dr. Smith graduated from Harvard College with an AB and received a master's in science education from Teachers College of Columbia University. He attended Dartmouth Medical School and completed the last two years of his medical

education and graduated from the University of Chicago Pritzker School of Medicine.

Dr. Smith is also the author of six books, the #1 New York Times Bestseller *Extreme Fat Smash Diet*, the #1 New York Times Bestseller *The Fat Smash Diet*, the New York Times Bestseller *The 4 Day Diet*, the critically acclaimed *The Blackbird Papers (2005 BCALA fiction Honor Book Award winner)*, *Dr. Ian Smith's Guide to Medical Websites*, and *The Take-Control Diet*. Dr. Ian's latest book, *Happy*, was released April 27, 2010.

This Event is Hosted by:

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PROGRAM

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