

# What Would the Rambam Eat At Your Simcha ? Torah-Based Health Tips For All Occasions

Lecture, Brunch and Book Signing with  
**SHMUEL SHIELDS, Ph.D.**

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**SUNDAY, FEBRUARY 15**  
*Presidents Day Weekend*  
**11:00 AM - 1:00 PM**



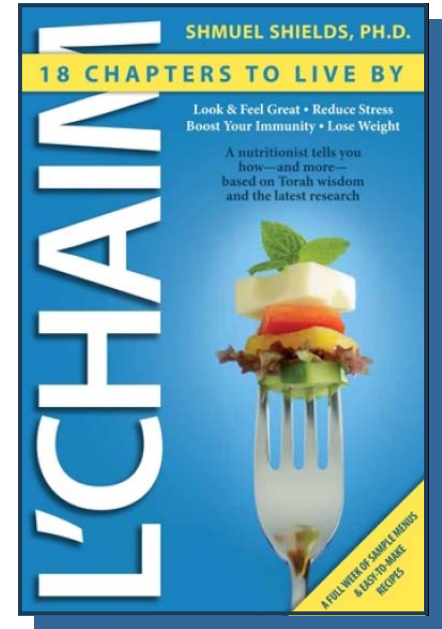
Shmuel Shields, Ph.D. is a certified nutritionist with 25 years of clinical experience. He developed **VitaShield**, an advanced multivitamin-mineral formula with extra vitamin D. He is also the author of **L'Chaim: 18 Chapters to Live By.**



Join us for a healthy-style brunch & informative talk as nutritionist Shmuel Shields speaks to:

- Torah sources for healthy eating
- Dangers of overeating and unhealthy foods
- Planning healthier *simchas*
- Making better food choices at *kiddushes* and *simcha* meals
- Preparing nutritious Shabbos and *yom tov* meals
- Healthier snacks for Shabbos and holidays (such as *mishlo'ach manos* baskets)

**Admission: \$10 per person**



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