

FREE movie screening: In Defense of Food – March 15th at N.B. Whaling Museum

The New Bedford Wellness Initiative is pleased to announce the upcoming Movie Screening Event of “In Defense of Food” on Tuesday March 15, 2016 at the New Bedford Whaling Museum, 18 Johnny Cake Hill, New Bedford. Doors open at 6:00 pm, screening starts at 6:30 pm sharp. The event is free and open to the public. No reservations are needed. Join Dr. David Ludwig from “In Defense of Food” for a question and answer session immediately following the film.

Dr. Ludwig is a noted endocrinologist, researcher at Boston Children’s Hospital, professor of pediatrics at Harvard Medical School and professor of nutrition at Harvard School of Public Health. He will be signing his new book, Always Hungry? Conquer Cravings, Retrain Your Fat Cells and Lose Weight Permanently.

The New Bedford Wellness Initiative’s mission is to raise health awareness, prevent disease and promote recovery from illness through healthy living. This initiative was started by local cardiologist Michael Rocha in 2014 to unite the community’s resources around a common mission of health and wellness. In addition to the upcoming Wellness program for adults at the Boys and Girls Club, the New Bedford Wellness Initiative holds monthly wellness walks in the community, has screenings of movies about health and wellness at the New Bedford Whaling Museum and has a Facebook page with over two thousand followers.