

Free Film Screening

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my big
FAT DIET



My Big, Fat Diet chronicles how the **Namgis First Nation** goes cold turkey and gives up sugar and junk food for a year in a diet study sponsored by Health Canada and the University of British Columbia. Through the stories of six people, it documents a medical and cultural experiment... looks at the problem of obesity, through the eyes of a man who straddles two cultures, Western and First Nations. **It also looks at the history and present-day status of traditional food gathering, and the link between individual health and that of the immediate environment.** *Please join us to learn more about a growing epidemic that will likely touch all of our lives in some way... FNC Staff*

FREE

When: Thursday, October 25th/2012

Where: Fanshawe College

Light Refreshments: Three Sisters Soup and Strawberry drink

5:00 PM to 6:00 PM at FNC Room A-1047

Film Screening:

-“My Big Fat Diet” 6:15 PM - 7:15 PM Room D-1060