



# Metropolitan Hospital Center Learn With Us

## Eating Right for Life

Nadia Duvilaire M.D. will speak on eating right for different stages of life, along with exercise, vitamins and supplements. She will discuss portion size, calorie counting, and good eating habits.

Dr. Duvilaire is Chief of Family Medicine and a board-certified family physician at Metropolitan Hospital Center. She provides primary care for children and adults at Metropolitan Hospital Family Health Center, La Clínica del Barrio.



*Metropolitan Hospital Center hosts monthly informational sessions on important health topics impacting our community. Participants have the opportunity to meet doctors and clinical experts from various areas.*



**Thursday, September 6, 2012  
12 noon—1 PM**

**La Clínica del Barrio  
Metropolitan Hospital  
Family Health Center**

413 East 120th Street  
Room 112, Cafeteria  
Light lunch provided.

*Free event. All are welcome.*