



September 21, 2010

850 LSD explores super foods and exercise for seniors on Sep 30



Learn about Super Foods and Exercise for Seniors at a free lecture at Northwestern Memorial Hospital on Sep 30.

[850 LSD](#) (Lake Shore Drive) will present a complementary "Get Energized Through Nutrition & Exercise" lecture on Thursday, September 30, at 2pm at Northwestern Memorial Hospital.

Northwestern Memorial Physicians Group's [Center for Integrative Medicine and Wellness](#) professionals, Hannah El-Amin, R.D., L.D., C.D.E., and Jill Stein, AFAA-CPT, will explore the connection between nutrition, "super foods" and exercise as a foundation to overall well-being for every age group, especially seniors.

El-Amin, a registered dietitian with specialization in nutrition and diabetes, promotes optimal nutrition, health, and well-being through nutrition therapy. Stein is an [Aerobics and Fitness Association of America](#) (AFAA) certified personal trainer and certified group exercise instructor at Northwestern Memorial Hospital in the Center for Integrative Medicine and Wellness.

In addition to the informative lecture, guests will have a chance to ask questions about health and wellness.

The presentation will be held in **3rd Floor Conference Room L South** at [Northwestern Memorial Hospital](#), 250 East Superior Street in Chicago. Complimentary parking is available at 222 East Huron Street.

Space is limited, and reservations are requested. RSVP to Dawn or Kathleen at (312) 915-0850, or sign up on the [850 LSD web site](#).

850 Lake Shore Drive, formerly the Lake Shore Athletic Club is currently being developed as a luxury urban living environment for active seniors. This lecture is part of the 850 Lecture Series presented by 850 LSD Sophisticated Adult Lifestyles.

Chicago