

YOU'RE INVITED TO GUADALUPE REGIONAL MEDICAL CENTER'S

# DOC+TALK

Nutrition and proper use of medication has a huge impact on both your physical health and overall wellbeing. A poor diet and improper use of medication is associated with major health risks. Join Thomas Raetzsch, MD as he talks about the importance of nutrition and medicine as it relates to all age groups.

## DATE & TIME

Wednesday, June 12<sup>th</sup> • 1:30pm - 2:30pm

## LOCATION

Seguin Public Library

## TOPIC

Nutrition & Medicine



**THOMAS RAETZSCH, MD**

Primary Care

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Did you know a lack of nutrition can cause illness, such as heart disease, hypertension, type 2 diabetes, osteoporosis, and more? Have you thought about the importance of taking medication correctly and in a timely manner? By making smart choices, you can help protect yourself from a variety of health problems.

### Topics to be covered include:

- The impact of nutrition on your health
- Risk factors of not eating healthy
- Easy steps towards a healthy diet
- Basics of a plant-based diets
- How proper nutrition can help reduce prescription medication

Guadalupe Regional  
MEDICAL CENTER

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