



康谷中華文化協會

Conejo Chinese Cultural Association

California Lutheran
UNIVERSITY

Department of Language and Cultures

Seminar Series

Keys to Health and Longevity

Since 1900 modern medicine has been able to add just another 8 years to the lifespan of those reaching 65 years of age. So with all the surgical procedures and pills, we are not making much of a difference on all of the chronic diseases which contribute the most to disability and death. Instead lifestyle changes and particularly diet as the most influential of the lifestyle changes can modify nearly all of our chronic diseases in a broad range more effectively with less cost and no side effects. The results of population studies and information from the Blue Zones give us principles upon which to foster a long healthy life, adding not just years to our life but life to our years.

Speaker: David Lowe, MD



Dr. David Lowe is the founder of Adcare Plus, a primary care practice for teens and young adults ages 12-30 years of age. He also currently provides medical care for incarcerated youth at the Ventura Youth Correctional Facility in Camarillo. He serves as the health ministry director of the Camarillo SDA Church and has coordinated and organized many health programs through his local church for the Ventura County for over 30 years. Dr. Lowe is a graduate of the Loma Linda University School of Medicine. He interned at the Harbor-UCLA Hospital and completed his pediatric residency at Children's Hospital of Los Angeles. After serving 2 years in the US Air Force he co-founded the Pleasant Valley Pediatric Medical Group in 1976 and in 2007 left that group to start Adcare Plus. He has been awarded the Apple of Excellence Award by the Camarillo Health Care District and also been given the Paul Harris Fellowship Award by the Rotary Club for his community health work.

Cost: Free

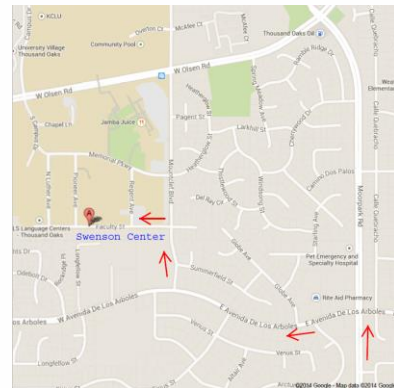
Language: English

When :

Saturday, December 05, 2015 at 9:45-11:00am

Where :

Swenson Center, Room SWEN 101, CLU
141 Faculty Street, Thousand Oaks, CA 91360



Seminar is supported by Ventura County American Chinese Medical Dental Association