Vitamin D and Your Health

Why is Vitamin D good for your health?
What is the appropriate dose?
What are good sources of Vitamin D?

March 4th, 2015
12 noon—1 pm
HUB 302 North

To enroll, visit
www.ucrlearning.ucr.edu

Dr. Anthony Norman, Distinguished Professor of Biochemistry & Biomedical Sciences, Emeritus will review the fundamentals of Vitamin D and how it produces a biological response contributing to good health. Dr. Norman is an internationally renowned expert on Vitamin D.

For more information, contact
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Sponsored by the UCR Wellness Program for Faculty and Staff and the School of Medicine