

PERF BETTER BREATHER'S CLUB



November 2018

WEDNESDAY November 14th, 2018

Dr. Rachelle Bross

Clinical Translational Science Institute
LA BioMed at Harbor-UCLA Medical Center

The Mediterranean Diet: Learn and Taste

Learn and taste the secrets of one of the most healthy and delicious diet in the world — the Mediterranean Diet. This diet and lifestyle pattern has been associated with promoting better health and lowering the risk of many diseases. Dr. Rachelle Bross is a PhD trained dietitian, researcher and olive farmer. She will introduce you to the principles of the Mediterranean diet, including a demonstration of a Thanksgiving inspired entrée that incorporates these principles

At the CDCRC Building

LA BioMed at Harbor-UCLA Medical Center

2:00 - 2:30 pm Social Time and Refreshments

2:30 - 3:00 pm What's New in Pulmonary Medicine! / Notices

3:00 - 4:00 pm Headline Presentation

PERF BBC Events 2018

Better Breather's Club Christmas Party – December 13th, 2018

Madeo room, Doubletree Hotel, 2800 Via Cabrillo Marina Drive, San Pedro
\$30 members / \$40 non-members Contact: Milica Acalin (310) 547-4209

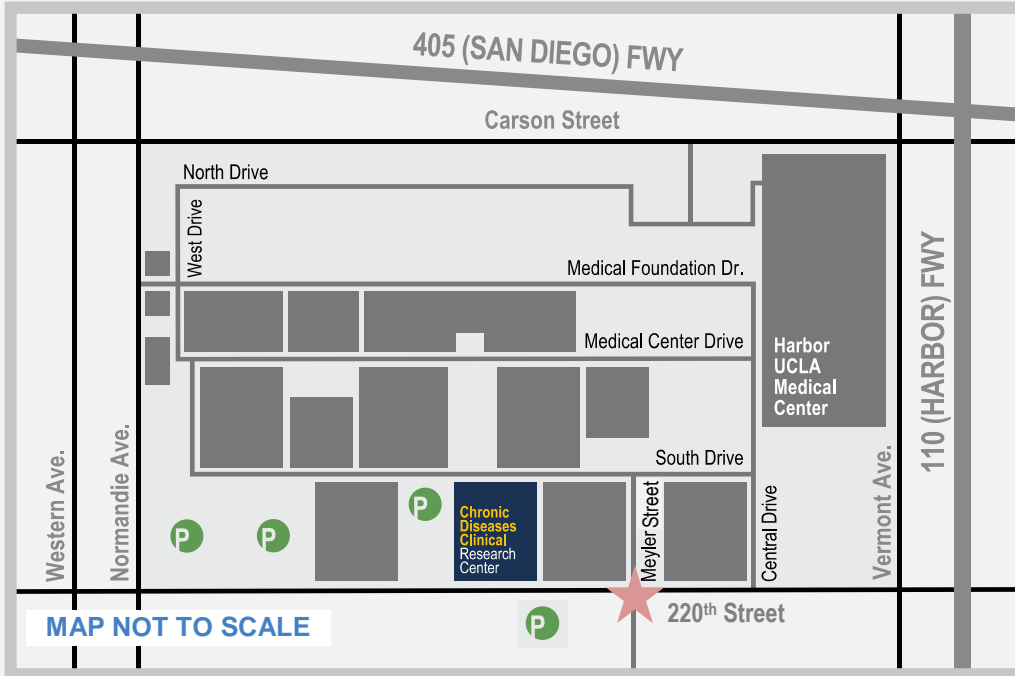
Dates for your Diary for 2019

Jan 16th Better Breather's Club in CDCRC Feb 20th Better Breather's Club in CDCRC

REHABILITATION CLINICAL TRIALS CENTER



DRIVING DIRECTIONS



SATNAV ADDRESS

Use the following address for SatNav directions to arrive at the intersection of W. 220th St. and Meyler St. (★ on map):

1101 W. 220th St., Torrance, CA 90502

We are located in the **CDCRC Building** on the LA BioMed campus

Parking is free at

Enter via the patient entrance (facing west / Normandie Ave.)

FROM THE SOUTH

Take the 110 North. Exit towards Carson Street. Turn right onto Figueroa Street. Turn right onto W. 223rd Street. Turn right onto S. Vermont Ave. Turn left onto W. 220th Street. Turn right onto Meyler St. Turn left onto South Drive. The CDCRC is on the left.

FROM THE NORTH

Take the 110 South. Exit onto Carson Street. Turn right onto West Carson Street. Take the 2nd left onto South Vermont Avenue. Turn right onto West 220th Street. Turn right onto Meyler Street. Turn left onto South Drive. The CDCRC is on the left.

FROM THE WEST

Go east on West Carson. Turn right onto Normandie Avenue. Turn left onto 220th Street. Take the first left to enter campus. Turn right onto South Drive. The CDCRC is on the right.

FROM THE EAST

Take the 405 North. Exit toward Avalon Boulevard South. Merge onto East Carson Street. Turn left onto South Vermont Avenue. Turn right onto West 220th Street. Turn right onto Meyler Street. Turn left onto South Drive. The CDCRC is on the left.

THE PERF BETTER BREATHER'S CLUB

meetings are held in the main Meeting Room of the CDCRC Building on the LA BioMed campus

Please enter via the [Meeting Room Entrance](#) on the north side of the building to sign in

Visit us on the web at: <http://rctc.dgsom.ucla.edu>

