

WHO SHOULD EAT?

MAKE PEACE WITH YOUR MICROBIOME

D R . M I T R A R A Y



DR. MITRA RAY, *Author, Scientist and Creator of the Transform30 Program*

Dr. Mitra Ray received a BS from Cornell University and her Ph.D. in biochemistry from Stanford Medical School. Dr. Ray has been working at the cellular level of health for many years and her research work has been funded by the National Institute for Health, the American Cancer Society and an Alzheimer's Research Grant. Dr. Ray is recognized worldwide for her seminars on health, longevity and beauty and has received rave reviews not only on her first book entitled *From Here to Longevity*, as well as her second book *Do You Have the Guts to be Beautiful?* Dr. Ray resides in the state of WA with her husband and their two daughters.



Two Rare Opportunities in the Bay Area
Advanced Ticket Required



Friday, Sept 16th Lunch & Learn
11:30 am to 1 pm Box lunch available
Marina Community Center
15301 Wicks Blvd,
San Leandro, Ca 94579
<https://www.eventbrite.com/e/san-leandro-who-should-eat-tickets-26932871945>

Saturday, Sept 17th 10:30-11:30AM
doors open at 10am
Peninsula Jewish Community Center
800 Foster City Blvd. Foster City, CA
<https://www.eventbrite.com/e/foster-city-who-should-eat-tickets-26933042455>