

***STRATEGIES FOR OPTIMUM WELLNESS (S.O.W.)™***  
***Presents a Free Screening of***

**FOOD, INC.**

**SUNDAY, JANUARY 31, 2010**

**4:00 TO 7:00 P.M.**

What do we really know about the foods we buy and the foods we eat? ***Food, Inc.*** by Robert Kenner, provides a critical look at the industrialized nature of America's food system and its effect on our environment, health, economy, workers' rights and animal welfare.

After the film there will be a discussion on several of the following issues:

- Where to find organic and local foods
- Food borne illness
- Diabetes and Obesity
- Nutritional Labels
- Factory Farming
- Genetic Engineering
- Farm Worker Protection
- Environmental Impact
- Cloning
- The Global Food Crisis

The screening will be held at: Adam Clayton Powell, Jr.  
State Office Building  
2<sup>nd</sup> Floor Art Gallery  
163 W. 125<sup>TH</sup> Street  
New York, NY 10027

**RSVP: 212-491-5859 or  
bewell@cnglearning.org**

Please contact us now to let us know you're coming. Healthy refreshments provided by Raw Soul! This event is sponsored by:

**SAN BAO**  
HOLISTIC CARE, LLC

