

## Getting Healthy: What Really Works

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Dr. Timothy S. Harlan, also known as Dr. Gourmet, will discuss "Eating Healthy and Losing Weight: What Really Works" ? from fad diets to the state of the art in nutrition research ? at three seminars for Tulane faculty and staff members starting on Tuesday (March 23).



Dr. Gourmet, otherwise known as Dr. Timothy S. Harlan of the Tulane School of Medicine, will present seminars for faculty and staff members on "Eating Healthy and Losing Weight: What Really Works."

"Over the course of the last 30 years we have been told so many different things about how to eat healthy and lose weight," says Harlan, who is an assistant clinical professor of medicine at Tulane. "Just when we feel comfortable with the latest and greatest, we are told that that's not really it, and this time we know for sure."

The brown-bag lunch seminars will be at noon on Tuesday, (March 23), in room 201

of the Lavin-Bernick Center on the uptown campus; Tuesday, March 30, in the Diboll Auditorium at 1440 Canal St. on the downtown health sciences campus; and Wednesday, April 14, in the auditorium at the Tulane National Primate Research Center.

For [Dr. Gourmet](#), eating well is a passion. Harlan opened his own restaurant at the age of 22 and later was a caterer while attending medical school.

He is the author of two books about healthy cooking and eating. At Tulane he also serves as medical director of outpatient clinics and associate chief of general internal medicine.

The [TUWellness](#) program encourages all Tulane faculty and staff members to attend one of the free seminars.

Food is allowed in the LBC and primate center auditorium so employees may bring a healthy brown bag lunch to the seminars at those locations.

For questions about this seminar contact [Erica Taylor](#), TUWellness coordinator, at 504-247-1720.