



MAHLAP

Medical and Health Librarians Association of the Philippines

Rm. 301 PLAI Office, The National Library, T.M. Kalaw, Manila, Philippines

<http://www.mahlap.org>

2012-2013 OFFICERS

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June 14, 2012

Dear Colleagues and Friends:

Greetings!

In celebration of the 33rd Manila International Book Fair, the Medical and Health Librarian's Association of the Philippines (MAHLAP) will be holding a forum: ***“Food, Diet and Health: a Forum on Healthy Eating Without Depriving Yourself”*** on September 14, 2012 (Friday), 8:00 AM-10:30 AM, Meeting Room 2, SMX Convention Center, Mall of Asia Complex, Pasay City. The purpose of this forum is for the participants to:

1. Know more about food, diet and its significance to health;
2. Understand the importance of eating well to live well;
3. Identify which food can boost energy, can make one happy, can help with digestion, or can help one slim down; and
4. Know more about wise food shopping, food's value for money, and information on labels.

We are pleased to invite you to join us in this forum. Enclosed is the registration form. An online registration form can also be accessed on our website - www.mahlap.org.

If you have any comments or inquiries, please contact any of the officers or email us at info@mahlap.org.

We look forward to seeing you at the forum.

Very truly yours,

Joenabie A. Encanto

Chair, Conference Committee

Ma. Lindie Masalinto

President



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“Food, Diet and Health: a Forum on Healthy Eating Without Depriving Yourself”

September 14, 2012 (Friday), 8:00 AM-10:30 AM

Meeting Room 2, SMX Convention Center

Mall of Asia Complex, Pasay City

PROGRAMME

8:00AM – 8:30AM	Registration	
8:30AM – 9:00AM	Invocation	Ms. Mary Grace Paya
	Philippine National Anthem	Ms. Louise Ian de los Reyes
	Welcome Remarks	Ms. Lindie Masalinto President
9:00AM – 10:00AM	Lecture on: Food, Diet and Health: a Forum on Healthy Eating Without Depriving Yourself	Dr. Maria Christina Kristin S. Reyes Medical Nutritionist Department of Medicine The Medical City
10:00AM – 10:30AM	Open Forum	Mr. Mark James Cayabyab Moderator
10:30AM – 11:00AM	Closing Remarks	Ms. Joenabie Encanto Chair, Conference Committee
	Awarding of Certificates	

Mr. Mark James Cayabyab
Master of Ceremonies