



Midwestern University
Multispecialty Clinic
Your Family's Home for Healthcare

mwuclinics.com/az
623-537-6000



Join Us for a Discussion on
**FAD DIETS:
JUST THE
FACTS**
HELPING YOU AVOID THE FICTION

With so much information circulating about diets and fasting, how do you know which ones are actually good for you?

We'll explore what science supports and what may only be myth, give practical tips for long-term healthy eating, and answer your questions.

The campus entrance is on the north side of Utopia Road, between 59th Avenue and 57th Avenue. Pause by the Welcome Center at the main gate, then follow the signs to the event location and parking.



With Obesity Medicine Specialists:



Carly Ernst, D.O.
Assistant Clinical
Professor
Internal Medicine



Nancy Horlick, M.D.
Assistant Clinical
Professor
Pediatrics



Kimberly Klatt, D.O.
Assistant Clinical
Professor
Family Medicine

Tuesday,
July 22, 2025
5:00–6:00 PM

Midwestern University
Ocotillo Hall, Room 106
19555 N. 59th Avenue
Glendale, Arizona 85308