

Webinar Series

Wellness Wednesdays

Dr. James Meschino



To support healthy living, SEB is launching a Health and Wellness webinar series for our clients and their employees, that will focus on important health related topics. The webinars will be held on the second Wednesday of each month at 12:00 p.m. ET

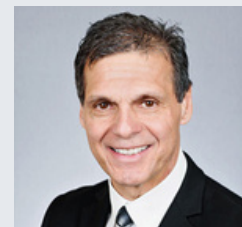
Nutrition and your Immune System

The next webinar is scheduled for Wednesday, December 14th at 12:00 p.m. to 1:00 p.m. ET In this webinar, Dr. Meschino explains how the immune system works to prevent infection and the onset of other serious diseases. He also provides scientific support showing how specific nutrients are required for optimal immune system function. During this pandemic and endemic period, as well as the upcoming flu season, it's more important than ever to learn how to support your immune function and understand how specific dietary, lifestyle, and other factors can influence immune system integrity from day-to-day.

Watch for an email with the link to register.

Dr. James Meschino

DC, MS, ROHP, is an educator, author and researcher, having lectured to thousands of healthcare professionals across North America. He holds a master's degree in science with specialities in human nutrition and biology and is recognized as an expert in the field of nutrition, anti-aging, fitness and wellness. He is the author of four nutrition/wellness/anti-aging books, including The Meschino Optimal Living Program – 7 steps to a healthy, fit, age-resistant body. He has also published over 100 research review papers on lifestyle medicine in professional trade publications for health professionals. Dr. Meschino is the founder of the Global Integrative Medicine Academy and an associate professor at the Canadian Memorial Chiropractic College,



where he has taught in the nutrition and biochemistry program since 1984. He completed a Doctor of Naturopathy program in 2007 and has been a faculty member of the American Academy of Anti-Aging Medicine in their Integrative Cancer Fellowship Program. He has also been a faculty member of the American Council on Exercise (ACE) and the Canadian College of Naturopathic Medicine. Dr Meschino has appeared as a guest on numerous highly acclaimed radio and television shows, hosted his own talk radio show on 640 AM (Healthy Maturity - Toronto), and his 90-minute TV special "Healthy Aging Naturally" aired twice on Detroit PBS TV in 2011

Dr. Meschino was recruited to be the Nutritional Medicine Consultant for Dr. Deepak Chopra's (MD) Beyond Performance Sports program and more recently his organization's Way of Wellbeing (WOW) Program that kicked off July 2019. Check it out on Facebook: <https://www.facebook.com/watch/?v=10154886636005665>



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