

# “Are you what you eat? Discovering the science of personalised nutrition”

**WHEN** Friday, July 19th 2024  
5:30 PM – 8:00 PM

**WHERE** Laman St  
Cooks Hill NSW 2300  
Australia  
[View Map](#)

**COST** \$25.00 non members



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In this Royal Society of New South Wales Lecture, with the support of the University of Newcastle, Laureate Professor Clare Collins will bust common nutrition and diet myths about what to eat, to feel better and get better.