



**LUPO CENTER**  
FOR AESTHETIC & GENERAL  
DERMATOLOGY<sup>LLC</sup>

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*Innovating Dermatology Since 1984*

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Mary P. Lupo, M.D.

**FOR IMMEDIATE RELEASE**

February 8, 2017

**TULANE'S GOLDRING CENTER FOR CULINARY MEDICINE HOSTS  
ANTI-INFLAMMATORY DIET WORKSHOP**

Local Dermatologist Dr. Mary Lupo Discusses How Diet Can Affect Skin

NEW ORLEANS – On Saturday, April 8, 2017, from 8:00 am – 1:00 pm, the Goldring Center for Culinary Medicine, a Tulane University School of Medicine Teaching Kitchen, will host an Anti-Inflammatory Diet Workshop open to the public. Dr. Mary Lupo, Chef Leah Sarris and Dr. Timothy Harlan will educate attendees on the impact of inflammation to health, diet and skin.

The half-day workshop includes lectures and information on state-of-the-art research on the effects of inflammation on health followed by a combination of cooking demonstrations, hands-on cooking classes and lunch.

**Date:** Saturday, April 8, 2017

**Time:** 8:00 am – 1:00 pm

**Location:** Goldring Center for Culinary Medicine, 300 North Broad Street

**Agenda:**

8:00 am: Arrive – Continental Breakfast

8:30 am: Lecture Topic: “Anti-inflammatory Diet” — Dr. Harlan and Chef Leah

9:10 am: Lecture Topic: “From the Inside Out: Strategies to Slow and Reverse Skin Aging – Dr. Mary Lupo

9:50 am: Q&A

10:15 am: Break

10:30 am: Cooking demonstration, knife skills, ingredients, kitchen safety and kitchen tour

10:50 am: Hands-on cooking – Anti-Inflammatory Diet

12:10 am: Discussion of recipes and cooking methods

12:30 am: Lunch



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**Registration:**

<https://culinarymedicine.org/index.php/product/anti-inflammatory-diet-workshop/>

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**About the Lupo Center for Aesthetic and General Dermatology**

Dr. Mary Lupo is a board certified dermatologist and clinical professor of dermatology at Tulane University School of Medicine who specializes in the health and beauty of the skin, hair and nails. She has the accredited training and the latest treatments and devices to customize procedures according to patients' individual needs and goals. As owner of the Lupo Center for Aesthetic and General Dermatology and founder/director of Tulane's Resident Cosmetic Injectable Clinic for more than 30 years, Dr. Lupo has become known as an international expert, innovator and educator in cosmetic dermatology.

**Contact**

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