

On the occasion of the



1<sup>o</sup> GIORNATA NAZIONALE DELLO SPORT  
PRESSO LE COMUNITÀ ITALIANE ALL'ESTERO

With the collaboration of the  
**Consulate General of Italy in Chicago**  
and in cooperation with  
**Casa Italia Chicago**

**Cav. Uff. Mico Delianova Licastro**  
US Representative, Coni, Italian National Olympic Committee

**Cordially invites you to**

## **”Sport, Nutrition and the Italian Life Style”**

a Lecture by

## **Carol Amendola D’Anca MS, LDN, CNS**

Best Selling Author, Integrative Nutritionist, Public Speaker, International Traveler

MS D’Anca shares her compelling story about optimal nutrition and increased longevity. Her unique perspective has evolved from the combination of her education as a board-certified nutritionist and her personal experiences through her travels to Italy where the secrets of longevity are revealed. Participants at this presentation will learn simple approaches for improving health and longevity and will be inspired to incorporate as many approaches possible for improved quality of life.

**Tuesday, June 5, 6pm**

**Quartino Restaurant**

626 N State St, Chicago

**RSVP by Thursday, May 31: [info@casaitaliachicago.org](mailto:info@casaitaliachicago.org)  
or by calling Casa Italia at: 1-708-345-5933**

Special thanks to:

**John Coletta, Founding Chef & Partner Quartino Restaurant,  
for hosting the lecture.**