



## The Effects of Sugar on the Brain Tuesday, May 14, 2019

Please join the British Columbia Chapter ISCEBS for our May 12th program "The Effects of Sugar on the Brain" at Oceanic Plaza, Vancouver, BC.

Sugar is everywhere! From the snacks that we eat to the drinks that we drink, we are surrounded by sugars every single day. Combined with a dramatic shift in how we work, play and live, this can have a dramatic impact on how our bodies are affected by our lifestyles. This session will provide an overview of the growing body of evidence regarding the impact of sugar on our bodies and specifically on what the latest research tells us about its effects on our brains.

**DATE:** Tuesday, May 14, 2019

**TIME:** 8:00 - 8:30 am – Registration & Continental Breakfast  
8:30 - 9:30 am - Presentation

**LOCATION:** Oceanic Plaza  
Pender Room  
1066 West Hastings Street  
Vancouver, BC

**COST:** \$25 - BC Chapter Member  
\$50 - Non-member

**REGISTRATION:** Please [click here](#) to register.

**QUESTIONS:** Peter Graham, CEBS, [bciscebs@gmail.com](mailto:bciscebs@gmail.com).

[REGISTER NOW](#)

### CONTINUING EDUCATION:

One (1) Continuing Education credit will be provided on request.



Education sessions at this program qualify for one (1) CEBS continuing professional education (CPE) credit. Visit [www.cebs.org/compliance](http://www.cebs.org/compliance) for more information.

### SPEAKER:

**Avinash Maniram**  
Consultant  
PBI

Avinash is a consultant specializing in group benefits with over 20 years of experience. His particular area of technical expertise is in the design and pricing of group benefits in a collectively bargained environment.

At PBI, Avinash consults to boards of trustees of multiemployer and negotiated cost health and welfare plans. Within this context, he develops models which allow clients to model the projected future impact of changes to their benefit programs. Avinash has a Master's degree in Actuarial Mathematics from the University of Manitoba where he also obtained a Bachelor of Science (Honours), with a major in Actuarial and Management Sciences. He has also served on the faculty of the Actuarial Sciences department at Simon Fraser University. Avinash is a member of the IFEBP and has become a frequent speaker on health and welfare topics. Through this experience with the IFEBP and his work with clients on member education issues, Avinash has developed and made numerous presentations to unionized groups covering technical actuarial and benefits issues.

**UPCOMING  
EVENTS**

[Legal Update](#)

June 4, 2019