

## IS MY IMMUNE SYSTEM NORMAL?

S098 MRC Helix Theatre 12.15 – 1.15pm £8 (£7) Members 10% off

Over the winter, every other advert tells us we need to boost our immune systems: they imply that if we get one cold, it's proof that our immune system must be failing; two and we're not normal. But how do you know what's normal? Join immunologists Joanna Sheldon, Arne Akbar and Rick Maizels as they discuss what effect factors like age, stress, exposure to microbes and your genes have on your immune system while Vivienne Parry does her best to find out what's normal.



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