

OLLI: Integrative Health to Optimal Wellness Series

At Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

January 14, 2015

Sylvia Middaugh, RDN

Presents: **"The Role of Nutrition in Cancer Prevention and Treatment"**

Sylvia will discuss how food can turn cancer promoting genes on and off. She will show how to create a diet that promotes cancer prevention. The discussion will also include which foods can facilitate healing once cancer is active in the body and how it can deter the return of cancer. There will be practical tips on how to include these in the everyday diet.

February 11, 2015

Kathleen Stienstra, MD

Presents: **"Quench Brain Inflammation/ Headaches - Natural Approaches to Support Neurological Health"**

Dr. Kathleen Stienstra will discuss contributors and natural approaches for dementia and headaches.

March 11, 2015

Janice Croft, MS, LMHC, NCC

Presents: **"Change Your Thoughts, Change Your Health"**

The way we think has a direct influence on our moods, level of stress, and our physical and mental health. This presentation will teach participants to change their self-defeating patterns of thinking and create a more positive and optimistic way of thinking, thereby decreasing their stress hormones and improving their mood and health.

April 8, 2015

Penny Money, NMT, Aroma Touch Certified with doTerra "Certified Pure Therapeutic Grade Oils"

Presents: **"Essential Oils and their Impact on Personal Health Practices"**

Penny will be presenting a brief history of essential oils. She will address how essential oils interact with the body as well as the benefits of their daily use. Touching on "Why" you would use doTerra essential oils. How to use "Certified Pure Therapeutic Grade Oils" to help arrest a sore throat, the common cold, headaches, pain, viruses and much more as they are natural and affective. They work with your body to address issues and root causes on a cellular level. She will have a computerized Zyt0 hand scanner used by many health care professionals available to survey 76 bio markers in the body.