



OLLI Series

New Frontiers in Medicine: Welcome to the World of Genetics

At Landsbaum Center from 1:30 - 3:00 pm

Wednesday, September 9, 2015

How our genes affect food choices and how food choices and lifestyle affect our genes

Presented by: Dr. Julie Fine, RN, PhD, FNP-C, Assoc. Professor, Dept. of Advanced Practice Nursing

A short review of genetics, genomes and epigenetics (the way we turn genes on and off) with an explanation of the interaction between food and lifestyle with our genes.

Wednesday, October 14, 2015

How Genetics Affects Your Body's Ability to Handle Toxins and Medications

Presented by: Kathleen Stienstra, MD, FAAFP, DABHIM, -Board Chair for the Maple Center for Integrative Health, Integrative Medicine specialist and Medical Acupuncturist

Knowing your own detoxification genetics can guide your medication and health choices. Knowledge is power.

Wednesday, November 11, 2015

Methylation & Mood: How B Vitamins & Your Genetics can affect how you feel

Presented by: Jennifer Brooks, PA-C and Dr. Kristen Walton, DC, LAc

Have you ever wondered why leafy green foods are so important to health? Or why some people feel better while taking certain supplements, but others do not? Come learn about how genetics and environment can affect the biochemical processes in your body. Learn why more supplementation is not always better. And see just how big (or little) a serving of spinach really is!

Wednesday, December 9, 2015

The Genetics of Weight: What Can I Do?

Presented by: Jean Kristeller is Professor Emeritus in the Dept. of Psychology, Indiana State University, and Board Member of The Maple Center for Integrative Medicine. She has received multiple NIH-funded grants to study weight management and psycho-biological factors in obesity. She lectures and teaches nationally and internationally about her work on mindful eating.

Without question, we now know that body weight and likelihood of obesity is strongly affected by genetics. This is what helped people survive famine, drought, and other natural catastrophes over the ages when food was scarce. This program will review what we know about the effects of genes on weight, and what you might do to counteract these effects for yourself and your family.