

2016-2017 Health & Wellness Seminars Cabana, Thursdays

November 17: What is the Five Element Theory? (1:00PM)

Five Element Theory is one of the major systems of thought within traditional Chinese medicine. Also referred to as the "Five Phase Theory" by some practitioners, Five Element Theory has been used for more than 2,000 years as a method of diagnosis and treatment. Join Dr. Harvey Abrams DC, LAc, of Rehabilitation Chiropractic, for this informative seminar.

December 1: Breakfast with the Doc—WOMEN (9:00AM)

Back by popular demand! Ladies this one is just for you. Banner Health physicians will be on hand to discuss topics such as the importance of wellness exams, managing hormones, the aging process and the best practices to keep you and the ladies you love healthy. Free breakfast provided. ***Please note time. Sign up required. Watch for signup information in the Out-Lines. Limited to 50 participants as specified by Banner Health.**

December 8: A Holistic Approach to Sciatica (1:00PM)

If you have lower back pain or pain down your leg, it may just be Sciatica. In addition to standard medical treatments, several alternative methods have also been shown to provide effective sciatica pain relief for many patients. Some of the more common forms of alternative care for sciatica include chiropractic manipulation, acupuncture and massage therapy. Dr. Harvey Abrams DC, LAc, of Rehabilitation Chiropractic, will be on hand to discuss these non-surgical options.

December 15: Baby Boomers Crash Course (1:00PM)

Dr. Casey M. Johnston, D.C. of Desert Springs Chiropractic, brings Venture Out this practical class that gets to the heart of arthritis, osteoporosis, balance issues, nutrition, common ailments and methods of maintaining FULL independence for your entire life. Today's seniors are quite different than those from previous generations. They are more active, better educated and are highly motivated to enjoy life. Unfortunately, what some people have been misled to believe is getting older means being less active and becoming ill. If you are someone who wants to thrive as you mature, this class is for you!

January 5: Breakfast with the Doc—DIABETES (9:00AM)

Living with diabetes, while it can be effectively managed, can be tough at times. Each day is a new hurdle with unique challenges that you must meet. As you get older, jumping over those hurdles can become a bit more challenging, but it's not impossible. With age comes an increased risk for specific complications that require diligence and care to properly mitigate them. Presented by Banner Health. ***Please note time. Sign up required. Watch for signup information in the Out-Lines. Limited to 50 participants as specified by Banner Health.**

January 12: Brain G.Y.M. (Grow Your Mind) (1:00PM)

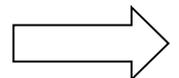
Join Heather Mulder, Outreach Program Manager for the Banner Alzheimer's Institute and grow your mind! Your brain is so much more than memory! In this program, learn of the different domains of the brain; such as cognition, language, attention, visuospatial, executive function and memory. By starting with a discussion of the difference between issues that are 'normal aging' as opposed to something more serious, the Brain G.Y.M. can act as your 'personal trainer' by teaching activities to aid in strengthening those various domains.

January 19: Acupuncture-Is There Something To It? (1:00PM)

Acupuncture has been around over 3,000 year and this form of medical treatment can successfully treat many health issues. Come ask Dr. Harvey Abrams DC, LAc, of Rehabilitation Chiropractic, questions about your specific condition and perhaps find the answers in this alternative form of medicine to your health problems.

January 26: Robotics & Exoskeletons for Stroke Survivors (1:00PM)

Stroke is the leading cause of long-term disability in the US, and for many it causes loss of gait function. There is now an ankle-foot orthosis that could change lives of those recovering from a stroke. Join wearable robotics experts Dr. Thomas Sugar, Associate Professor at Arizona State University - Polytechnic Campus and Dr. Kevin Hollander, a leader in biomechanics and clinical research projects for more than 15 years, for this cutting edge presentation. Learn about technology and advancements in robotics, exoskeletons and their innovative solutions to powered human assistance. Their mission is to improve the quality of life for people with mobility challenges.



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February 2: Breakfast with the Doc—WOMEN (9:00AM)

Did you miss the first session this season? Ladies this one is just for you! Banner Health physicians will be on hand to discuss topics such as the importance of wellness exams, managing hormones, the aging process and the best practices to keep you and the ladies you love healthy. Free breakfast provided. ****Please note time. Sign up required. Watch for signup information in the Out-Lines. Limited to 50 participants as specified by Banner Health.***

February 9: Skin Cancer Early Detection and Treatments (1:00PM)

Join ASU Professor, Stephen Johnson, to learn about the increasing dangers of sun exposure and the risk for being diagnosed with skin cancer. He will discuss a variety of topics centered on skin cancer; including how skin color and type impacts your risk, why Vitamin D is important for your skin, the most common skin cancers and the types of treatment available. For more than 10 years, Professor Johnston and a team of researchers at Arizona State University's Biodesign Institute have been developing a cancer vaccine aimed at preventing all types of cancer.

February 16: Journaling (1:00PM)

Journaling is not the "Dear Diary" of our youth. It can be an immense stress reducer and a great source of inspiration. Be informed of the "how-tos" and the benefits of this popular activity called "Journaling". Your presenter, BeAnne Lane, has a Master's Degree in Counseling and is a certified Life Coach.

February 23: Natural Methods of Fibromyalgia Treatment (1:00PM)

Fibromyalgia poses unique challenges for seniors. In fact, the diagnosis of Fibromyalgia in seniors is different than that of younger patients. Seniors If you have fatigue, hormone imbalance, sleeping problems, body or muscle pain or headaches you may have Fibromyalgia. Dr. Harvey Abrams DC, LAc, of Rehabilitation Chiropractic, offers alternative successful natural methods of treatment.

March 2: Banner Breakfast with the Doctor—VEIN HEALTH (9:00AM)

Join one of Banner Medical Group vascular surgeons to discuss common vein issues. What causes common problems such as spider and varicose veins? Learn what you can do to prevent and to treat these common problems. Get a leg up on vein health! Free breakfast provided.

****Please note time. Sign up required. Watch for signup information in the Out-Lines. Limited to 50 participants as specified by Banner Health.***

March 9: Did You Hear That? (1:00PM)

As most of us know there are definite changes in the auditory (hearing) system as we age. Some of these changes simply happen over time and cannot be avoided, others have to do with decisions we make in life regarding our health and work or connections to recreational environments. Most individuals over 65 have some sort of hearing impairment, but many choose to do nothing about it, even though in almost all circumstances, hearing devices would improve hearing ability and quality of life. Today's presenter, David McBride, is a licensed audiologist and is certified by the American Speech-Language-Hearing Association.

March 16: Foot Pain (1:00PM)

The great doctors of Arizona Institute of Footcare Physicians will be on hand at Venture Out to explore commonly faced foot issues such as random pain, Neuropathy and it's relation to Diabetes and Neuroma. Be involved in the discussion of the newest developments in treating these issues.

March 23: Good Grief (1:00PM)

BeAnne Lane returns with Good Grief! In this presentation BeAnne, who has a Master's Degree in Counseling and is a certified Life Coach, takes a different and lighter look at this thing called grief. Discuss the many benefits of grieving our losses and ways to comfort ourselves as we move through the grief process.

March 30: End of Life Care (1:00PM)

Welcome to a presentation by Venture Out Pediatrician, Dr. Bernard Hoggarth and Venture Out Minister, Charlie Crouse, regarding end of life care. At one time, you died at home surrounded by family or if you had no family, you died in a flop house or on the street. Social Security stepped in and as medicine advanced in America "dying" became a medical problem. As people live longer and medical costs rise we often spend more money keeping people alive, sometimes against their wishes. The trend now is to have an advanced directive how one would like the end be handled. Now add "God" to that picture along with family, friends, the public as well as the government and it's a whole new ballgame.