



2019 - 2020
Health Seminars
Cabana - Thursdays
1:00pm

November 14: Ageless Women: Healthy And Fabulous After 60, 70, 80 and Beyond

Christi Christiaens is a certified health coach, nutritionist and personal trainer who has worked in the health and fitness field for over 40 years. She specializes in anti-aging for women and is the co-author of the Amazon bestseller "Voices of the 21st century, Women Who Influence, Inspire and Make a Difference". She teaches women how to defy aging with simple lifestyle changes, so they can be energetic, pain-free and joyous no matter age.

November 21: Take Your Life Back

Life can cause spinal stenosis which can lead to the slow but steady loss of strength in your legs, cause muscle weakness and overall pain. This condition can be disabling. Looking for a safe and effective alternative to surgery? The FDA recently approved a new treatment option called the Superior Indirect Decompression System (IDS). Join us, to learn more about this unique, minimally invasive treatment from Dr. Eric Boyd, MD, a Board Certified physician in Interventional Pain Medicine and Anesthesiology from Desert Pain Institute.

December 5: Changing Lives Through Music

Sun Joo Lee, a former opera singer from Seoul, Korea, came to the U.S., earned two master's degrees from Arizona State University and is now a Board Certified Neurological Music Therapist. She serves as therapist and music director to Tremble Clefs Arizona, a choir comprised of performers with Parkinson disease. Sun Joo will discuss the positive effects of music on those suffering from neurological disease and how it improves overall well being. As a special addition the Tremble Clefs will sing and share their stories of how music has changed their lives.

December 12: Checks and Balances...Combining Western, Eastern And Natural Medicine

Imbalances in your body can lead to chronic disease. Doctor of Chiropractic and Licensed Acupuncturist, Dr. Harvey Abrams from Aaaah...Wellness will discuss the benefits of a "whole person approach". Discover the differences between Western, Eastern and Natural Medicine and how to utilize the combination to ease your ailments.

December 19: Breakfast With The Doc (9:00am) - TBA

Class is limited to 50 people - sign up on the EPC Bulletin Board.

January 9: Got AFib?

AFib. What is it? Do you have it? Why is it dangerous? Can you prevent it? Dr. Ashish Sadhu, is a pioneer in treating Atrial Fibrillation and has grown to be one of the 10 top implanters in the US of the WATCHMAN implant. He is a practicing Cardiac Electrophysiologist with the Heart & Vascular Center of Arizona, who will help us understand this heart condition, its risks and alternative treatment options, such as the WATHCMAN Implant.

January 16: Breakfast With The Doc (9:00am) - TBA

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January 23: New Year, New You

Learn healthy habits to start the new year right! Sharon Madsen with Food Sense A to Z returns to share some tips and tricks for shedding a few of those pounds gained from holiday festivities.

January 30: The Path to Wellness...Natural Solutions To Digestive Problems

Health, wellness and happiness should be a goal in everyone's life. Doctor of Chiropractic and Licensed Acupuncturist, Dr. Harvey Abrams from Aaaah...Wellness returns for a second seminar of the season to discuss achieving balance in your digestive system. Learn about natural solutions to combat leaky gut, IBS, Crohn's Disease, ulcers, constipation, diarrhea and GERD.

February 6: Baby Boomer's Guide To Preventing Chronic Diseases; Benefits Of A Vegetarian and Vegan Diet

Did you know that its possible to stop and in some cases even reverse most chronic diseases by simply changing your diet? Are you wondering how you can benefit from making changes and what changes to make? VO Tennis professional and certified wellness coach, Brett Hall will share his personal story of how he is living a healthy life even with an incurable leukemia diagnosis in 2012. He will discuss some simple techniques and changes you can make towards a healthier diet and how it will change your life!

February 13: Your Brain's Best Day

Your memories of the past. Your dreams for the future. Your ability to recall, reason, and think. It's all in your brain. With so much at stake, protecting your brain from Cognitive Decline should be top priority. Since his retirement from the medical field in 2008, Venture Out's own, Dr. Bernard Hoggarth has researched and studied Cognitive Decline. Learn how to protect your brain and be happy, and healthy.

February 20: Breakfast With The Doc (9:00am) - TBA

Class is limited to 50 people - sign up on the EPC Bulletin Board.

February 27: The Opioid Crisis!

Is there really an opioid crisis? Are politicians making a big deal out of nothing? VO's resident Dr. Cheryl Roth, PhD (Global Nursing), WHNP-BC, RNC-OB, RNF, will discuss the impact on seniors and how to protect yourself from misuse which can place your health at risk. These questions and more will be answered at this informative seminar.

March 12: The Baby Boomer's Survival Guide; Five Things You Need To Know

VO's Tennis professional and certified wellness coach, Brett Hall is back with yet another fun and informative seminar. Learn that aging is living! He will remind you that you are never too old and it's never too late to make positive life changes. Learn how developing a positive perception of aging will help you live longer. Your survival guide is so simple! Not only will you survive but you will thrive in your golden years. Challenge your brain, maintain social networks, exercise and when life takes something away focus on all the wonderful things you still have!

March 19: Breakfast With The Doc (9:00am) - TBA

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March 26: Reach Out. Check In. Save a Life. (EMPACT-Suicide Prevention Center)

You can help someone who is struggling with emotional or physical issues by just making contact, by being a friend, by caring. La Frontera of Arizona will share an overview of their programs and services related to behavior health services, crisis intervention, community trainings and education. Learn to recognize the warning signs and discuss ways to help a loved one transition from feeling alone towards feeling connected and loved.