

Health Medicine Forum

Presents:

Rethinking Wellness Series

COMMUNITY:

IT TAKES A VILLAGE

March 30, 2010

Networking: 6:45 pm

Presentation: 7:15 pm

An evening to explore:

- Reframing our focus from curing disease to creating health
- Connection – Appreciation – Collaboration: A formula for building healthy community
- From me to we – strategies for shifting from hyperindividualism to interconnectedness
- Independence and cooperation in healthy communities
- Communities and social influences toward a healthy lifestyle



**Paula Szloboda, R.N., N.I., M.A., M.B.A,
therapeutic chef**

- Core faculty member at John F. Kennedy University
- Serves on the nutrition advisory board for Wellness
- City Challenge of Walnut Creek
- Develops health and nutrition programs for schools, hospitals and restaurants in Contra Costa



Ofer Erez:

- Raised on a Kibbutz in Israel, intimately familiar with all its aspects of community living
- Founder of a private school for children with primary focus on community.
- Specializes in Healing Through Movement
- Head trainer at the Sugi School of Health and Fitness



Moderator – Geoffrey Marx, NC:

- Certified Nutrition Consultant and Educator
- President of the Health Medicine Forum
- On staff at Health Medicine Center
- Committed to raising preventive health consciousness

Health Medicine Forum

A non-profit educational foundation of health care providers and community leaders dedicated to producing educational events, certifications, programs, Integral Healing Groups, and to the advancement of Integral Health Medicine which is based on integrative, holistic, person-centered care.

Visit www.HealthMedicineForum.org for upcoming events.

**2 CEUs for RNs
CEU #12815**

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for the
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1601 Civic Drive Walnut Creek
www.lesherARTScenter.org

Tickets: www.LesharArtsCenter.org

(925) **943-SHOW**
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\$5 Students and Seniors
\$10 Health Medicine Forum members*
\$15 Advance/\$20 At door (non-members)

* HMF members use code: wellness