

Learn Over Lunch Program at True North 2009 Presentation Offerings

GENERAL WELLNESS

Acupuncture: What's In It For You? - *Coleen Connolly, RN, Licensed Acupuncturist*
Body Composition and Longevity - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*
Brain Health for Peak Performance - *Bethany Hays, MD*
The Cancer Prevention Frontier - *Joseph Semmes, MD*
Complementary Therapies for Everyday Well-Being - *True North Practitioners*
Corporate Fitness Training - *Joe de Silva, Certified Fitness Trainer*
Dementia Prevention: Nutrients and Lifestyle - *Joseph Semmes, MD*
Functional Fitness Training for Physical Education Teachers & Coaches - *Joe de Silva, Certified Fitness Trainer*
Give Your Back A Break! Preventing & Managing Back Pain - *Melissa Williamson, LMT*
Guided Imagery: Using Your Built-in Reset Button - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*
Hormone Hazards and Women's Health - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*
Hormones and Heart Disease - *Bethany Hays, MD*
Metabolic Makeover - *Bethany Hays, MD*
Movement As Healer: How Exploratory Movement Supports the Immune System - *Gail Edgerly, RN, CTP*
The Pharmacy in Your Spice Rack - *Peter Knight, ND*
The Practice of Gratitude - *Deborah Bergeron, CPCC, ACC*
Skin Cancer Prevention 101 - *Charles de Sieyes, MD*
The True North Approach to Women's Health - *Bethany Hays, MD*

FAMILY HEALTH

Autism Is Treatable - *Peter Knight, ND*
Can You Help Your Child Grow up Thin, Happy and Healthy? The Latest From the Science of Pre-natal Programming - *Bethany Hays, MD*
Is My Child "Normal"? - *David Baker, DO, FAAP, FACOP, Pediatrician*
How to Help Your Child Succeed - *David Baker, DO, FAAP, FACOP, Pediatrician*
Parenting from the Heart - *Kathryn Landon-Malone, Pediatric Nurse Practitioner*
Three Dimensional Fitness Training for Children - *Joe de Silva, Certified Fitness Trainer*
Understanding The Young Athlete - *David Baker, DO, FAAP, FACOP, Pediatrician*

FOOD AND NUTRITION

Apples and Onions: Healing Foods from Your Pantry - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*
Eat to Beat Inflammation - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*
Slow Down, It's Time to Eat! - *Peter Knight, ND*
Why Dieting Makes You Fat - *Bethany Hays, MD*
You Don't Bring Me Doughnuts Anymore - *Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist*

STRESS RELIEF

The Creative Power of Emotions - *Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW*
Introduction to HeartMath® for Health & Happiness - *Jasmina J. Agrillo, R.C., CBIS, Licensed HeartMath Provider*
Introduction to Shamanic Healing - *Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW*
Introduction to Shamanic Journeying - *Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW*
Introduction to Voice and Sound Healing - *Mary Fogg, PhD, Clinical Psychologist*
Re-balancing at the End of Your Day (Parts 1 & 2) - *Cynthia Atkinson, CEMP/S/I, CHTP*
Work / Life Balance -- Ways to Restore Harmony and Reduce Stress (Parts 1 & 2) - *Deborah Bergeron, CPCC, ACC*

Learn Over Lunch Program at True North 2009 Presentation Offerings

Our one hour presentations fit easily into a lunch hour and are delivered right to your workplace by True North's expert physicians, nurses & therapists. **We offer the first presentation for free**; the fees for additional presentations vary by practitioner. Contact Sorcha Cribben-Merrill, Learn Over Lunch Program Coordinator at 207-781-6722 or scmerrill@truenorthhealthcenter.org to learn more or schedule a talk.

GENERAL WELLNESS

Acupuncture: What's In It For You?

Coleen Connolly, RN, Licensed Acupuncturist

Many people don't realize that acupuncture addresses every aspect of living well. Acupuncture treatment intervenes to restore (or maintain) our balance. It is preventive as well as curative. Treatment re-educates the body/mind/spirit and addresses a person's response to stress to help stay on a healthy track and feel more secure about their self-care.

Body Composition and Longevity

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

If you're like many Americans, you are either overweight or "fat on the inside." An improper proportion of fat to non-fat is a common feature of most of the chronic illnesses most of us want to avoid – and the way to improve yours might not be what you think. If you weigh yourself, measure yourself, and calculate your Body Mass Index (BMI) – come learn why you might want to move beyond the scale! (We'll do a demonstration test for one willing volunteer.)

Brain Health for Peak Performance

Bethany Hays, MD

Depression, brain fog, headaches, and short-term memory problems can result from causes such as food allergies, inadequate stomach acid, poor nutrition, and genetic differences in brain chemistry. This talk will suggest nutritional and lifestyle changes which can diminish the effect of aging on the brain.

The Cancer Prevention Frontier

Joseph Semmes, MD

The National Cancer Institute has launched an initiative to disseminate information about food choices and cancer prevention. Dr. Semmes will address advances in the understanding of how cancers develop and the preventive strategies that appear most promising. Learn the practical choices we can make that are supported by good science.

Complementary Therapies for Everyday Well-Being

True North Practitioners

Do you, like many of us, sometimes find yourself living in that old Peggy Lee song "Is That All There Is?" We'll describe several newer approaches to stress management, anxiety, depression and purposeful living that are breathing new life into the emotional and spiritual lives of many.

Corporate Fitness Training

Joe de Silva, Certified Fitness Trainer

With the increase in technology and sedentary lifestyles, adults are less active and becoming de-conditioned for every day activities such as shoveling and playing with their children. Joe de Silva has designed a training system that focuses on posture, three dimensional movements and function in order to combat this epidemic—a system traditional exercise does not address. This Learn over Lunch session will address how to stay active in a corporate setting. We will discuss circuit training, flexibility and improving posture and how you can fit training into a busy schedule.

Dementia Prevention: Nutrients and Lifestyle

Joseph Semmes, MD

In Roman times Cicero wrote "To live is to think." Alzheimer's disease is an epidemic that we cannot afford to ignore, and medications aren't working. Join Dr. Semmes as he explores the roles of inflammation and oxidation in this memory disorder, and the evidence pointing to practical lifestyle, food and supplement choices that may well reduce the risk.

Functional Fitness Training for Physical Education Teachers and Coaches

Joe de Silva, Certified Fitness Trainer

With the reduction of Physical Education classes and the increase in technology, childhood obesity is on the rise. Joe de Silva has designed Three Dimensional Training classes in order to combat this epidemic. This Learn over Lunch session has been created to educate physical education teachers and coaches about functional training. It will address how to integrate multi-planar movements into a class and sports training activities. Joe will discuss how to design a functional fitness class and add three dimensional training to basic movements. This session can be followed up with "Three Dimensional Fitness Training for Children" (see description further down the list), where he works directly with children.

Give Your Back A Break! Preventing & Managing Back Pain

Melissa Williamson, LMT

Approximately 70% of Americans will have back pain at some point in their lives. Why are we so vulnerable to back injuries, and what can we do about it? Massage therapist Melissa Williamson will explore the anatomy of this complex and busy part of our bodies and share ways to prevent and manage back pain.

Guided Imagery: Using Your Built-in Reset Button

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

You know you need to get a handle on your stress but you don't know where to begin – and who has time for that anyway? Start with some small steps you can bring easily into your day using guided visualization techniques, which are fun, easy, and effective. This is a great way to give your brain and body a time-out to restore and rebuild – and take a step towards living your dreams!

Hormone Hazards and Women's Health

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

Many foods, common household products, and environmental pollutants can disturb the endocrine (hormone) system in the human body. These substances are being increasingly implicated in a variety of problems, including endometriosis, some cancers, reduced fertility, birth defects, and thyroid disorders. Come learn what's known, what's suspected, and how to minimize your exposure to these chemical toxins.

Hormones and Heart Disease

Bethany Hays, MD

The Women's Health Initiative showed that hormone replacement therapy did not improve cardiovascular outcomes and actually increased breast cancer. NOW what do we do? This talk will suggest where women can turn to find long term cardiovascular health without drugs.

Movement as Healer: How Exploratory Movement Supports the Immune System

Gail Edgerly, RN, Certified Trager® Practitioner

In this experiential presentation you will discover the different functions of exercise and exploratory movement. Gail will discuss the physiology of movement, how movement informs our sense of self and how increased self-awareness supports the immune system. You will leave with a new understanding of your body and a practical approach to health through movement.

Metabolic Makeover

Bethany Hays, MD

Are you always on a diet? Chronically fatigued, moody, or prone to frequent headaches? Dependent on certain foods or caffeine to get through the day? These are all signs of a damaged metabolism. Learn how to recognize this problem and take the right steps to heal it, so you can take back control of your life.

The Pharmacy in Your Spice Rack

Peter Knight, ND

Do you know that there may be herbs and spices in your kitchen that can lower your cholesterol, lower your blood pressure, and regulate your blood sugar levels? Were you aware that you are putting antibacterial herbs in your pasta sauce? In this class we will explore the medicinal benefits of common herbs and spices you probably already have in your spice rack. Learn how you can use them to improve your health while pleasing your palate.

The Practice of Gratitude

Deborah Bergeron, CPCC, ACC

From the moment we wake up until drifting off to sleep at the end of the day, life presents one opportunity after another to be grateful. Through the eyes of gratitude we open our hearts and bring joy into our lives. The power of gratitude recharges our souls and is a natural expression of a loving heart. This interactive program is packed with tools, ideas and support which will inspire you to create your own gratitude list. Bring an open mind and come experience new ways to: *Develop an "Attitude of Gratitude"* ▪ *Experience how gratitude enriches your life* ▪ *Stop attracting things you don't want* ▪ *Understand the restorative power of gratitude*

Skin Cancer Prevention 101

Charles de Sieyes, MD

We all have moles, skin tags and "age spots" of various colors and textures. Some are normal and completely benign; others can be precancerous or worse. Learning to recognize which is which could make the difference between a minor inconvenience and a very serious threat to your health!

The True North Approach to Women's Health

Bethany Hays, MD

Growing older is inevitable, but life-long health and vitality is well within our grasp. True North's approach is practical, accessible and scientific. Learn now how important it is to boost your immune system, balance your hormones, and craft a personalized (not one-size-fits-all) nutrition plan.

FAMILY HEALTH

Autism Is Treatable

Peter Knight, ND

Are we in the midst of an epidemic? The incidence of autism is estimated at 1 out of every 250 births. This class will look at biomedical approaches to autism as promoted by the Defeat Autism Now! (DAN!) movement. We will decipher the biochemistry to answer the important questions: Where should I start? What lab tests should be done? And what treatments may be the most beneficial?

Can You Help Your Child Grow up Thin, Happy and Healthy? The Latest From the Science of Pre-natal Programming

Bethany Hays, MD

This talk is to introduce men and women of all ages to the emerging information about the importance of prenatal life in determining a child's trajectory toward health or illness. It turns out that the obesity, diabetes, hypertension and depression epidemics start in the womb (or in the mother's body before conception). How can you use this information to insure the best possible health for your children and grandchildren? Is there anything you can do once they are born to undo unintended harm? What are our responsibilities as a culture to future humans? This interesting talk on the cutting edge of new science from Dr. Hays whose thirty years of experience as an obstetrician and perinatologist informs and translates the latest news from the fields of genetics and epigenetics is a must for all who care about the future generations.

Is My Child "Normal"?

David Baker, DO, FAAP, FACOP, Pediatrician

It is becoming increasingly difficult to raise a child in today's world. As parents, we might question whether or not we are always doing the "right thing" when we say yes or no to our child's request. We may wonder: Does my child watch too much TV or spend too much time on the computer? Are they getting enough exercise and are they "well adjusted" amongst their peers? These questions and more will be answered in this revealing yet honest talk on "today's child."

True North, Maine's Center for Functional Medicine and the Healing Arts

202 US Route One, Ste. 200, Falmouth ME 04105 ▪ Ph: 207.781.4488 ▪ Fx: 207.781.4470 ▪ www.truenorthhealthcenter.org

How to Help Your Child Succeed

David Baker, DO, FAAP, FACOP, Pediatrician

What parent doesn't want their child to succeed in any and all of their endeavors? Whether it is in the classroom, on the athletic field, or out amongst their peers, all children can and should flourish in whatever they choose to undertake. All children have the "Midas touch;" this talk will offer take-home strategies and wisdom about how, as parents, we can help them learn to develop it.

Parenting from the Heart

Kathryn Landon-Malone, Pediatric Nurse Practitioner

Have you found yourself exhausted by the end of the day and frustrated with the power struggles? Move over, you have lots of company. This overview of "Parenting from the Heart" will provide you with tools to parent from a place of love and composure so that healthy relationships begin to flourish in your home.

Three Dimensional Fitness Training for Children

Joe de Silva, Certified Fitness Trainer

With the reduction of Physical Education classes and the increase in technology, childhood obesity is on the rise. Joe de Silva has designed Three Dimensional Training classes in order to combat this epidemic. Joe will work directly with children during this Learn over Lunch session to help them move in three planes of motion during sports and games. This session is fun and educational for children – the kids will participate in activities such as the "Tweak Train" and "3D Training Circuit." The session can be offered on its own, or as a follow up to the "Functional Fitness Training for Physical Education Teachers and Coaches" session.

Understanding The Young Athlete

David Baker, DO, FAAP, FACOP, Pediatrician

Children are NOT little adults. When participating in sports your child should not be treated like a small adult. Children have different physiologic needs and responses to exercise than adults. Unfortunately today, most parents and coaches fail to either learn or recognize these differences. As a result, children too often fail to obtain the maximum benefit from their respective sport and are often at risk of injury. Learn what you can do as a parent and as a coach to optimize your child's involvement in sports.

FOOD AND NUTRITION

Apples and Onions: Healing Foods from Your Pantry

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

Human beings have used food-based approaches to health and healing for millennia. Many of these "folk remedies" have a valid scientific basis – your grandmother was right! Come learn about the healing properties of apples, onions, vinegar, honey, Maine blueberries, and more!

Eat to Beat Inflammation

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

The latest research indicates that inflammation is the root of most of the chronic diseases of aging. New research links it to heart disease, dementia, and arthritis, as well as a host of other problems. Anti-inflammatory medications are one option – but many people have found that an anti-inflammatory diet is pleasant, effective, and safer. Is your food plan on fire? Come learn the steps to take to cool it down!

Slow Down, It's Time to Eat!

Peter Knight, ND

In our fast paced lives, how often do we really take time to eat? How often do we eat while watching television, talking on the phone, or driving? We know that what we eat is important to our health, but did you know that how you eat is just as important? In this class you will learn how to eat mindfully for optimal digestion and health and look at how to incorporate these practices into your busy schedule.

Why Dieting Makes You Fat

Bethany Hays, MD

Many women, especially young women and teens, are constantly dieting. There is a metabolic trap here that women need to know about if they don't want to be obese in later life. This talk walks you through the path from thin to overweight to obese in one woman's life and what she might have done differently.

You Don't Bring Me Doughnuts Anymore

Susan Fekety, RN, MSN, Lifestyle Counselor, Women's Health Specialist

Are you struggling with your weight or wondering if you're at risk for diabetes? Bookstore shelves are spilling over with diet and nutrition books urging you to kick the carbohydrate habit. But -- is it safe and wise to limit these foods? We'll explore some of the popular diet programs and offer some "pearls of wisdom" to go along with your pearls of barley.

STRESS RELIEF

The Creative Power of Emotions

Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW

This workshop will offer participants insights on the profound effect human emotions have on health and indeed, all aspects of the physical world. State-of-the-art-research information will be interspersed with experiential exercises. Material covered: • DNA and the Non-local Field • The effects of emotional states on the structure of DNA • The human heart's electromagnetic field • The human heart's non-hertzian, quantum field • Placing thoughts and emotions in alignment--to affect the physical world (Intention manifestation--whole body/mind/spirit form of prayer/visualization) • Ingerman and Emoto studies

Introduction to HeartMath® for Health & Happiness

Jasmina J. Agrillo, R.C., CBIS, Licensed HeartMath Provider

In our very own heart lies the key to health & happiness. Find out what your heart's code is and how you can unlock the power you have to live a life of fulfillment, joy, health and purpose! This is an interactive presentation along with audio visual demonstrations using Heartmath's innovative technology revealing your heart's power to transform stress in the moment. As C. Norman Shealy, MD, Ph.D., founding president of the American Holistic Medical Association, describes, "HeartMath has clearly proven that your heart is the major reactor to stress, the key to understanding harmony between body, mind, and emotions. Nothing is more critical to life and health than transforming stress into a positive influence. HeartMath provides that path to transformation."

Introduction to Shamanic Healing

Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW

Shamanism is an ancient, global spiritual practice in which all of nature is understood as living, in other words, filled with spirit. A healthy spirit is the living framework on which our body grows, heals and thrives. From a shamanic healer's perspective, the spirit of any living being may be wounded or partially lost from the effects of trauma, grief, injury or disease. Learn how this ancient form of healing can help restore us to "full power!"

Introduction to Shamanic Journeying

Evelyn C. Rysdyk & C. Allie Knowlton, MSW, LCSW, DCSW

This experiential presentation will introduce you to the ancient ways of the shaman. Following the heartbeat of the drum, you will learn how to enter the shamanic state of consciousness for guidance, insight and healing. No prior experience is required.

Introduction to Voice and Sound Healing

Mary Fogg, PhD, Clinical Psychologist

Voice and sound healing have been part of indigenous healing traditions for thousands of years. This introduction focuses on the history, theory and techniques of using the power of the human voice to heal ourselves and others. Come learn more about this amazing instrument!

Re-balancing at the End of Your Day (Parts 1 & 2)

Cynthia Atkinson, Certified Energy Medicine Specialist/Instructor

Part 1: Do you often feel drained or overwhelmed at the end of your workday? Learning how to better manage your energy system can create big changes in how you feel, and allow you to ease in and out of your day in a more centered and relaxed way.

Part 2: A more in-depth look at what is covered in Part 1 that offers more experiential time.

Pre-requisite: Re-balancing at the End of Your Day, Part 1.

Work / Life Balance -- Ways to Restore Harmony and Reduce Stress (Parts 1 & 2)

Deborah Bergeron, CPCC, ACC

Part 1: Do you have too much to do and not enough time? Feeling guilty that you don't spend enough time with your loved ones or on the things you enjoy? Are you constantly saying "yes" when you need to say "no?" Through a series of exercises you will identify the key elements in your life and learn to use them to create a balanced lifestyle. Topics discussed will be self-care, time management, establishing personal priorities and ways to identify the true stressors in your life. You will leave with new insights and proven strategies to help you achieve success without sacrificing personal well-being. Part 2: A more in-depth look at what is covered in Part 1 with a focus on discovering your core values.

Pre-requisite: Work / Life Balance, Part 1.

Learn Over Lunch Program at True North

2009 Presenter Rates

True North Presenter	Learn Over Lunch hourly rate	Non-profit hourly rate
Allie Knowlton, MSW, LCSW, DCSW & Evelyn Rysdyk	\$100	\$75
Amy Kustra, MD	\$125	same
Bethany Hays, MD	\$250	same
Charles de Sieyes, MD	\$125	\$60
Coleen Connolly, RN, MAc	\$75	\$50
Cynthia Atkinson, CEMP/S/I, CHTP	\$75	same
David Baker, DO, FAAP, FACOP	\$200	same
Deborah Bergeron, CPCC, ACC	\$200	\$125
Gail Edgerly, RN, CTP	\$100	\$75
Jasmina J. Agrillo, RC, CBIS	\$85	\$65
Joseph A. de Silva	\$100	same
Joseph Semmes, MD	\$250	\$60
Kathryn Landon Malone, MSN, CPNP	\$100	\$60
Mary Fogg, PhD	\$85	\$60
Melissa Williamson, LMT	\$75	\$25
Peter Knight, ND	\$100	\$60
Susan Fekety, RN, MSN, CNM	\$100	\$75

Travel Fee:

An additional travel fee of \$25 will be assessed for distances greater than 15 miles from True North, 202 US Route One, Falmouth Maine.

Contact:

Sorcha Cribben-Merrill, Learn Over Lunch Program Coordinator
scmerrill@truenorthhealthcenter.org
207.781.6722