

**INTEGRATIVE MEDICINE**  
**SEMINARS**

**MONDAY 7-8PM**  
Central Conference Room SVH

**May 15<sup>th</sup> Balance, Flexibility and Mobility of the Spine** *Margot Biestman, MA, Middendorf Practitioner*

**May 29 MEMORIAL DAY-NO SEMINAR**

**June 12 Anti-Inflammatory Eating** *Dennis Zerbo, MA, Nutritional Ed.*

**June 26 Preventative Health Care** *Dr. Brian Sebastian, MD*

**July 10 Guys Night Out-Prostate Health** *Dr. David Rudnick, MD*

**July 24 Yoga for Depression** *Sophie Milani, LCSW, RYT*

**Aug. 7 Lymph Drainage** *Janis Whitcomb-Scott, CMT*

**Aug. 21 Arthritis** *Dr. Julie Carlson, DC*

**Sept. 4 Cholesterol** *Dr. Subhash Mishra, MD*

**Sept. 18 Jin Shin Jyutsu** *Sally Lippitt-Houston, SSN, RN, CNS*

**Oct. 2 Breast Health** *Dr. Charles Elboim, MD*

**Oct. 16 Integrative Spine Care** *Dr. Jason Huffman, MD*

**Oct. 30 Preventing and Living with Diabetes** *Dr. Diane Weissman, MD*