

# FEBRUARY 2017

## Wellness Forum Health

510 E. Wilson Bridge Rd, Ste G Worthington, OH 43085  
614-841-7700 [www.WellnessForumHealth.com](http://www.WellnessForumHealth.com)

**We are open Monday – Thursday, 9 AM – 9 PM, and Friday, 9 AM – 5 PM ET.**

Stop in to pick up delicious meals, healthy products, to sign up for workshops, or say hello!

**Join us at our exciting events. Advance reservations are required. 614-841-7700**

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### **Feb 6: ASK DR. PAM, 7:30 PM**

**\$25 per session; free for Concierge members**

90-minute open forum for questions via conference call.

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### **Feb 7: Wine & Dine with Chef Del & Dietitian Julie 7-9 PM (Members \$15 / Non-Members \$20)**

Back to basics! Class 2 of our 4-class series: 30-Minute Meals. Class 3 in Mar will be soups; class 4 in Apr will be Easy Casseroles. Bring your favorite beverage, and we'll toast to a fabulous meal!

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### **Feb 8: FREE DINNER at the FORUM, 6 PM**

Enjoy our free dinner by Chef Del & eye-opening discussion lead by Dr. Pam Popper about diet, lifestyle, and healthcare. You'll be given evidence-based information so you can make informed medical decisions. **It's free**, but please reserve your seat in advance: 614-841-7700.

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### **Feb 12-18: FIRST CLASS FREE in Hot Yoga this week!**

Bring a mat, large towel, cold water and we'll see you in the hot room for 90 minutes at 105 degrees. It's hot & hard, but you'll love it! Our class schedule is online. Questions? Contact Sonya at [shorn@WellnessForumHealth.com](mailto:shorn@WellnessForumHealth.com)

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### **FEB 13 & 27: ADVANCED STUDY with Dr. Pam Mondays, 7pm ET; *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It***

by Garth Davis, M.D. and Howard Jacobson, Ph.D.

**Members \$35/mo; Non-Members \$55/mo**

**Free for Concierge members**

According to these authors, too much protein makes us sick, fat, and tired. A thorough look at the diet and health industry's unwarranted fascination with protein and how eating too much protein adversely affects health.

### **Feb 13: Diet & Diabetes Cooking Class with Food For Life instructor, Beth, 6-8 PM; \$30 per person**

Learn how to prevent or halt this epidemic disease. Enjoy 3 recipes with heavy sampling. This class is part of the Physicians Committee for Responsible Medicine Food For Life program. Handouts provided.

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### **Feb 14: HAPPY VALENTINES DAY!**

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### **Feb 16, 23, Mar 2, 9: InforMED Health 101; 6-8 pm ET. Free for members!**

Join us live at our office or online by conference call. This exciting 4-class series teaches you the basics of InforMED Medical Decision Making plus how to make diet & lifestyle changes in order to improve your health outcomes. We'll treat you to delicious food while you engage in interactive and in-depth discussions about health.

If watching online, simply email us:

[PereraB@WellnessForumHealth.com](mailto:PereraB@WellnessForumHealth.com)

**(Every member should attend at least once!)**

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### **Feb 22: NEW! Movie & Potluck, 7-9 PM: VAXXED: From Cover Up to Catastrophe Free event!**

Each month we'll show a timely documentary related to our mission of being InforMED. Please bring a plant-based dish, dip, or dessert to share with your fellow movie goers. No time to cook? No problem; come anyway!