Wellness Forum Health

**Directory of Services for Have LifeLong WellBeing!, LLC**

**Eileen Kopsaftis, PT, CAFS, CMI, NE, Certified Health Educator**

**About Eileen Kopsaftis**

Eileen has practiced physical therapy since 1994, specializing in manual treatment to address the whole person, not just individual body parts. She has extensively trained and certified in multiple areas to bring the best outcomes for her patients/clients applying manual techniques, connective tissue treatment (MELT Method), chain reaction core work (Applied Functional Science), and nutrition education (Wellness Forum Institute for Health Studies). Eileen’s training equips her to provide a thorough plan of care to address the source of your issues; not just the symptoms. Her passion to erase pain from the world and provide lifelong wellbeing to everyone she meets has led her to partner with Wellness Forum Health in order to allow you access to the highest quality services, classes, and products available.

Eileen leads by example and believes now is always the right time to improve your life. She has empowered many lives to achieve better health, gain more energy, and resolve chronic pain.

**FREE RESOURCES**

**email** [**ek@havelifelongwellbeing.com**](mailto:ek@havelifelongwellbeing.com) **to subscribe**

* **Dr. Pam Popper’s Weekly Newsletter -** This newsletter is sent via email every Monday and features articles about diet, health and medicine; an “Ask Dr. Pam” section; and announcements of upcoming events and learning opportunities.

* **Video Clips -** These “news programs” are emailed to subscribers on Tuesdays and Thursdays each week. During these short videos Dr. Pam reviews published research, distilling important points from articles into easy-to-understand information for viewers. This is an easy and entertaining way to stay up-to-date on relevant scientific developments.
* **Have LifeLong WellBeing! Monthly Newsletter**
  + Topic of the month
  + Recipe of the month
  + Tip of the month
  + Local classes and events
* **Family and Friends Monthly Introductory Session with Meal -** Enjoy delicious food and participate in an interactive discussion led by Eileen about diet, lifestyle and healthcare. You’ll become informed about the latest and best scientific information about health that will allow you to make the most informed decisions for you and your family. It’s free, and you can bring friends and family, but you must make a reservation. Call 518-496-1265 to reserve your seat.

**WELLNESS FORUM HEALTH MEMBERSHIP**

Wellness Forum Health has been providing programs and resources to support optimal health to thousands of people all over the world since 1997. Our programs help many different people, ranging from those who are just beginning to make diet and lifestyle changes, to those who have already made substantial progress in these areas. Regardless of where you are in the process, you will benefit from your membership in the Wellness Forum. First, we'll teach you about Dietary ExcellenceTM; the science and skills to eat for optimal health. We'll also address issues that confuse even those who know a lot about nutrition - things like protein, oils, cooked vs. raw foods, and dietary supplements.

Additionally, there are lots of other issues that must be addressed in order to become and remain optimally healthy, which include the type of doctor you should choose, the diagnostic tests you should and should not have done, and how to ascertain if the advice you're being given by health care practitioners is right or wrong. Every day, new articles appear stating that drugs, supplements, diagnostic tests, and medical procedures that have been assumed to be safe and effective might not be either safe or effective. You can no longer afford to visit doctors and other health care providers and do what you're told. You need to be an informed consumer.

**In other words, we offer a total package for health!**

We promise this; if you join the Wellness Forum your life will change. If you follow our recommendations, you’ll enjoy the best health you’ve ever experienced, and you're going to be an educated and savvy consumer of medical and other health-related services.

**WELLNESS FORUM MEMBERSHIP BENEFITS**

* **Wellness 101** – this program teaches the science of diet and health, and the skills needed to adopt a program of Dietary ExcellenceTM and optimal habits. A curriculum book and DVD set is included and live instruction is provided in Brunswick and Hoosick, NY
* **Introduction to Informed Healthcare Decision Making –** includes understanding the informed decision making process; how to find and interview health professionals including family practice doctors, pediatricians, mental health professionals, physical therapists, personal trainers; how to read basic blood tests and other commonly administered tests; and other related topics.
* **“How to Get Started” Sessions** once per month provide all you need to begin your journey toward better health. This is an introduction to Dietary ExcellenceTM and optimal habits. The What, Why, and How are taught in a 4 hour class that also provides delicious food, recipes, and more (in selected areas).
* **Members-Only Website** - in addition to recipes and other helpful information, you'll have access to a growing library of over 125 workshops on a variety of topics. New workshops are posted almost every week.
* **Preferred Pricing** on select educational programs and national conferences
* **Free shipping** on orders over $250 (continental US only)
* **“Wellness Bucks”** for referring people to Wellness Forum Health

**Fee: $99 per person, $139 for family (in same household) for first year; $10 per month after first year**

**ADDITIONAL SERVICES**

**Permanent weight loss program, a plan for the rest of your life**

Learn new strategies through specific activities designed to change your way of thinking about food and ultimately to change your eating behaviors so that you can enjoy eating without guilt or fear. This program will also teach you how to get others to help you, how to stay motivated for the long term and also learn some delicious recipes that will keep you excited about eating well. Includes 5 instructional CD’s in which you will learn 24 key concepts and how to apply them easily to your daily life, a detailed 24-module workbook for note taking, journaling, and to keep you on track, and two 2-hour live conference calls per month for one full year for discussion and problem solving.

**Fee: only $297.00 for members**

**Cooking Classes/Cooking Intensives**

Live, interactive and fun cooking classes are scheduled regularly. Members are given preferential pricing.

**Wellness Forum Foods**

A large selection of easy-to-make mixes that are versatile, inexpensive and incredibly delicious. All products easy to make, and recipes are posted on our website at wellnessforum.com. Gift packages are available for holidays, and products can be shipped anywhere in the world. Members get free shipping on orders of $250 or more.

**Specialty Classes**

Includes programs on women’s health, sports nutrition, children’s health, and other topics; potlucks and other fun events! Members receive preferred prices.

**CONCIERGE HEALTH CONSULTING SERVICE**

This service is designed for the person who wants to commit to complete and intentional/proactive healthcare, informed medical decision making, and a sound plan of care to attain lifelong wellbeing. Eileen will work closely with you as you improve your health, restore functional strength, and reduce/eliminate chronic pain. You’ll also have an opportunity to learn about important health-related topics that affect you and those you care about. Wellness Forum Membership is required to subscribe to this service.

**Comprehensive Services include:**

* Initial and one follow up/review nutrition consultation (by phone/in person) ($185)
* One Meal Planning Session ($85)
* Initial Manual Therapy Evaluation ($110)
* Two MELT classes ($50)
* Two Core Chain Reaction classes ($40)
* Entire Informed Medical Consumer Series ($699)
* Unlimited Access via email ($20 per email)

**Fee: $425 per person/per year ($1269 value)**

Nutrition Education and Consulting WFH membership is required for this service

* Initial Consultation - $85
* Follow up - $60
* Meal Planning - $85

MANUAL THERAPY AND CERTIFIED INSTRUCTOR SERVICES

These services are very effective in addressing chronic pain, balance issues, impaired core/functional strength, joint pain, sciatic pain, back/neck pain, neuropathy, and more.

Manual Treatment

* Initial Evaluation - $110 for WFH members, $125 for non-members
* Follow up Treatment - $75 for WFH members, $85 for non-members
* Six session treatment plan - $375 for WFH members, $435 for non-members

MELT Method - Hand and Foot

* Hand & Foot Intro class - $20 for WFH members, $25 for non-members
* Roller Body Class - $30 for WFH members, $35 for non-members

Core Chain Reaction Series

* Two class series - $40 for WFH members, $50 for non-members

Private Sessions: MELT, Chain Reaction, or Exercise Plan Development

* $85 for WFH members, $95 for non-members
* Package of 3 sessions: $200 for WFH members, $225 for non-members

**THE INFORMED MEDICAL CONSUMER SERIES**

Classes are offered via our “virtual classroom” format – live and interactive teleconference calls. Slides and materials are provided. Classes are recorded and made available for two weeks to accommodate students who miss a class or who want to re-listen to a class. There are no homework assignments.

**Part I: Introduction to Informed Healthcare Decision Making –** includes understanding the informed decision making process; how to find and interview health professionals including family practice doctors, pediatricians, mental health professionals, physical therapists, personal trainers; how to read basic blood tests and other commonly administered tests; and other related topics

**(included in Wellness Forum Health Membership)**

**Part II: Empower yourself – understanding the evidence puts you in control**

We promise that *everyone* can understand the information in this crucial course!

* Basic statistics for the layperson
* Understanding Wellness Forum Health’s criteria for evaluating evidence
* Applying Wellness Forum Health criteria to articles on diet, health and medicine
* Practice! We help you do it and make sure you know how!

Two 2-hour sessions

**Tuition: $129**

**Part III: Diagnostic tests – the good, the bad and the ugly**

Mammograms and Thermograms

DEXA scans and bone health

Imaging tests – when are they a good idea? What do they tell you?

PSA tests

Blood pressure – What do the numbers mean? When is medication warranted?

Genetic testing

Other cancer screening tests – PAP, lung, thyroid, colon, skin

Allergy testing, urinalysis, “alternative” testing methods

Eight 2-hour sessions

**Tuition: $49 each class**

**All eight classes $392; entire series for one low payment of $329 (save $63 or 16%)**

**Part IV: Understanding Common Conditions**

These classes provide an overview of causes of disease, and an overview of treatment. They are not a substitute for medical care, but are designed to provide guidance for prevention and sound decision making for afflicted family members.

Cardiovascular Disease

Diabetes

Alzheimer’s/cognitive function

Autoimmune diseases

Musculoskeletal disorders

Obesity/overweight

ADHD

Gastrointestinal conditions – 3 sessions

Women’s health – 3 sessions

Psychological issues – 3 sessions

Cancer – 3 sessions

Nineteen 2-hour sessions

**Tuition: $69 each class**

**GI, women’s health, psychological issues, cancer: $149 each 3 class series**

**Entire series costs $1079 Purchase the package for $699 (save $380)**