**Free Resources**

* **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.
* **HJ Plant Yourself weekly newsletter**
	+ podcast description
	+ tip of the week (video and audio)
	+ local news and events
	+ recipe of the week
* **Family and Friends Introductory Session with Meal -** Enjoy delicious food and participate in an interactive discussion led by Howard 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, but you must make a reservation.

**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 for over 18 years. 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, membership in the Wellness Forum will benefit you. First, we'll teach you about dietary excellenceTM; the science and skills to eat for optimal health. But 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 en joy 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.

**Membership Benefits**

**Wellness 101** – this program teaches the science of diet and health, and the skills needed to adopt a program of dietary excellence TM and optimal habits. A curriculum book and DVD set is included; in some areas, live instruction is provided

**Introduction to Informed Healthcare Decision Making –** includes understanding the informed decision making process; how to fine 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

**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 with WFH Raleigh Providers such as \_\_\_\_\_\_\_\_\_\_**

**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: $149 per person, $179 for family (everyone 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:**

How to change your thinking about food and health to result in permanent changes and stop the yo-yo dieting battle. 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 will be scheduled regularly. Of course, members will be 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; guest speakers; spa days/nights, restaurant outings, potlucks and other fun events! Members receive preferred prices.

**Private Coaching:**

$250/hour a la carte

$450/two hours per month

$800/four hours per month

**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 fine 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; purchase the 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:

Single session classes $69 each

3-part series (GI, women’s health, psychological issues, cancer) $149 each

Entire series costs $1079

Package price $699 (save $380)

**Packages**

**The Clean Sweep $350**

     Pantry cleanout (2 hours)

     Food carted away to food pantry

     Trip to health food store

     Trip to regular store

     1 nutritional counseling session

**Concierge Health Consulting**

This package is designed for the person who wants to commit to intentional/proactive healthcare and informed medical decision making. You will work closely with Howard as you improve your health, and you’ll also have an opportunity to learn about important health-related topics that affect you and the people close to you. Subscribers to this service must be members.

2 Private Coaching sessions (by phone/in person) (value $500)

Unlimited access via email (value $25 per email response)

The InforMED Medical Consumer Series - see description below (value $1591)

**Fee: $599 per person (you save over $1500!)**