

Wellness Forum Health

October 2017 Calendar of Events

Red indicates an event at our corporate office in Worthington, Ohio
Black indicates a LIVE Conference Call, a virtual experience.

ALL CALLS ARE CONDUCTED ON (ET) EASTERN TIME

Oct 10 Ask Dr. Pam 7:30- 9:00 PM

General Q&A: If you are unable to participate live in an "Ask Dr. Pam" session, email pampopper@msn.com with your question. It will then be included in the discussion and you can listen to the recording for the answer

Oct 16 Advanced Study Part I 7:00- 9:00 PM

Gulp by Mary Roach

The author provides an unforgettable look at the gastrointestinal tract, and tackles questions such as why people prefer crunch foods, whether wine experts can really tell the difference between expensive and cheap wines, and how GI issues contributed to Elvis' death.

Oct 17 Operation Healthy Girlfriend Monthly Dinner 6:30PM

Ladies, join us for a potluck dinner and a movie! We meet at Wellness Forum Health; Chapter Leader, Lisa Cannon, lrcannongm08@gmail.com for details and to RSVP.

Oct 19 FREE DINNER at the FORUM 6:00 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.

SPECIAL EVENT \$395.00

Oct 19 8:30-10:30PM and Oct 21 from 2:00-5:00 PM

Men's Health 2 Part Bootcamp

Join Dr. Popper in a live and interactive teleconference class to cover topics including: prostate health, benign prostate hyperplasia, PSA testing, prostate cancer, erectile dysfunction, Low T, vasectomy.

SPECIAL EVENT

Oct 27 6:30- 9:00PM Plant-tastic Halloween Dinner

Get your goblin on at Del and Julie's Halloween Spectacular. We'll provide a Halloween themed meal, a prize for the best costume and other goodies too! Costumes optional! Members \$20 Non-member \$25 Advanced Reservations Required

Oct 30

Advanced Study Part II

7:00- 9:00 PM

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