

# 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](mailto: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](mailto: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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