

# Wellness Forum Health

## October & November 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  
AND  
AFTER NOV 5TH WILL BE (EST) EASTERN STANDARD TIME

## November

**Oct 31 Nov 7 14 and 21 InforMED Health 101 6:00-8:00 PM**

This 4-class series teaches the basics of InforMED Medical Decision Making and how to make diet and lifestyle changes in order to improve your health outcomes. Eat delicious food while you engage in interactive, in-depth discussions about health. Advanced Reservations are required.

**Oct 31 Nov 7 14 and 21 InforMED Health 101 9:00-10:30 PM**

This 4-class series teaches the basics of InforMED Medical Decision Making and how to make diet and lifestyle changes in order to improve your health outcomes. You will be sent a reminder via email the business day prior to each of the 4 classes along with the slide presentations for that class. Advanced Reservations are required.

**Nov 1 8 15 29 InforMED Health 201 9:00- 10:30 PM**

Learn how to find and interview healthcare providers, read basic blood tests and evaluate research about diet, health and medicine. 4 live sessions offered via conference call. You will be email the slide presentation for each of the 4 classes.

**Nov 6 Thanksgiving Wine &Dine 6:00-9:00 PM**

Join us for a special evening of cooking, featuring healthy versions of your holiday favorites! Bring your favorite beverage. **Member \$15; Non-member \$20 Advanced reservations required.**

**Nov 14**

**Advanced Study Part I**

**7:00- 9:00 PM**

**Evidence of Harm: Mercury in Vaccines and the Autism Epidemic by David Kirby.** This book explores the controversy over the cause of what many parents, doctors, public officials, and educators have called an epidemic of damaged children.

**Nov 16**

**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.

**Nov 21**

**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.

**Nov 28**

**Advanced Study Part II**

**7:00- 9:00 PM**

**Evidence of Harm: Mercury in Vaccines and the Autism Epidemic by David Kirby.** This book explores the controversy over the cause of what many parents, doctors, public officials, and educators have called an epidemic of damaged children.

**Nov 29**

**Things You Should Know: Eczema**

**7:00 PM**

Every month Dr. Pam chooses a topic you should know about, presents information for 15-20 minutes and then takes questions. This month's topic: Headaches