



# Wellness Forum Health

**Annual Symposium on InforMED™ Medical Decision-Making**  
**Co-sponsored by**  
**Dr. Peter Breggin's Center for the Study of Empathic Therapy**  
**November 9-11, 2018 Columbus, Ohio**

## Featured Speakers:

**Anthony Lim, M.D.**  
**Eileen Kopsaftis, P.T.**

**Mary Marshall, RN**  
**Peter Breggin, M.D.**

**Pam Popper, President WFH**  
**Celebrity Chef Del Sroufe**

**Featuring Special Event: an evening with**  
***New York Times* Best-Selling Author Sharyl Attkisson**  
**An Investigative Reporter's discussion on**  
**medical matters, vaccines & influence drug companies**

**Ticket prices: (register now to get the best price!)**

**April 1-April 30, 2018 Member \$269 Non-Member \$309**

**May 1-June 30 Member \$289 Non-Member \$339**

**July 1-August 31 Member \$309 Non-Member \$359**

**September 1-October 31 Member \$349 Non-Member \$399**

**November 1-9 Member \$399 Non-Member \$459 (subject to availability)**

**No partial tickets, non-transferrable and non-refundable. No registrations at the door.**

## Ticket price includes

- **Main session lectures and interactive panel discussions**
- **Choice of 4 breakout sessions (see descriptions on following pages)**
- **Three meals: dinner on Friday, lunch on Saturday, multi-course dinner on Saturday (all meals are vegan, low-fat, & gluten free)**
- **\$500 certificate toward select programs offered by Wellness Forum Health**

## Conference Hours:

**Fri 2:00-4:00PM & 5:30-9:00PM**

**Sat 9:00AM-9:00PM**

**Sun 9:00AM-12PM & 1:30-3:30PM**

**More details about the schedule coming soon!**

**Conference Location: Embassy Suites Dublin (reservation info will be available very soon)**

**A signed registration form is required to reserve your spot!**

## Breakout Sessions

<b>Culinary Excellence for the Home Cook I</b>	<b>Del Sroufe</b>
<b>Culinary Excellence for the Home Cook II</b> how to make fabulous food at home with little effort and lots of flavor!	<b>Del Sroufe</b>
<b>Common Pain Issues and Why They Happen</b>	<b>Eileen Kopsaftis, P.T.</b>
<b>Optimal Fitness and Injury Prevention</b>	<b>Eileen Kopsaftis, P.T.</b>
<b>The Heart of Being Helpful Part I</b>	<b>Peter Breggin, M.D.</b>
<b>The Heart of Being Helpful Part II</b> teaching people to help other people to live better mental and emotional lives	<b>Peter Breggin, M.D.</b>
<b>Weight Loss Strategies that Work</b>	<b>Mary Marshall, RN</b>
<b>Habit Change: Why It's Difficult, How to Succeed</b>	<b>Mary Marshall, RN</b>
<b>Diet and Lifestyle Intervention in Healthcare Practice I</b> (for people currently in practice)	<b>Pam Popper, President, WFH</b>
<b>Diet and Lifestyle Intervention in Healthcare Practice II</b> (for people who are not currently in practice)	<b>Pam Popper, President, WFH</b>
<b>Yoga for Physical Development and Pain Relief</b>	<b>Sonya Horn</b>

Note: we will email more details about breakout sessions and a specific schedule closer to conference)

## Speaker Bios

### **Sharyl Attkisson**

She's the investigative journalist who gives you information others do not want you to have. Sharyl is an Emmy award-winning journalist, host of Sinclair's Sunday morning news program "Full Measure," and author of the *New York Times* bestsellers *The Smear* and *Stonewalled*.

Sharyl was a correspondent for CBS News from 1993-2014, and hosted a weekly medical news show called "Healthweek." Prior to joining CBS, she was an anchor and correspondent for CNN. Attkisson was one of the first journalists to fly on a military combat mission; a B52 sortie in Kosovo, and an F-15 fighter jet Combat Air Patrol flight.

A graduate of the University of Florida College of Journalism and Communications, Sharyl served on the Journalism College Advisory Board. She co-authored the college textbook *Writing Right for Broadcast and Internet News* (Allyn and Bacon 2003). She has won numerous awards throughout her career.

Sharyl will be talking about the results of her investigations into vaccines, autism, influence of drug companies, the Zika virus, Ebola virus, HRT, and psychiatric drugs. She will take questions from the audience about these and other issues.

### **Antony Lim, M.D., J.D.**

Dr. Lim is a Harvard-educated lawyer AND a board-certified family physician who promotes a whole food plant-based diet to his patients and works with them to develop healthier habits. He is a staff member at TrueNorth Health in Santa Rosa, California and the medical director of the McDougall Program. He practices what he preaches – his interests include hiking, biking, playing tennis, and cooking healthy meals.

## **Peter Breggin, M.D.**

Dr. Breggin is a Harvard-trained psychiatrist and former Consultant at the NIMH who has been called “The Conscience of Psychiatry” for his many decades of successful efforts to reform the mental health field. His work provides the foundation for modern criticism of psychiatric diagnoses and drugs, and leads the way in promoting more caring and effective therapies. His research and educational projects have brought about major changes in the FDA-approved Full Prescribing information or labels for dozens of antipsychotic and anti-depressant drugs, He continues to educate the public and professional about the tragic psychiatric drugging of America’s children. He currently has a private psychiatry practice in Ithaca New York.

Dr. Breggin has authored dozens of scientific articles and more than twenty books, including medical textbooks and several bestsellers. He is the co-creator of the course Why and How to Withdraw from Psychiatric Drugs, which is offered through The Wellness Forum Institute.

## **Eileen Kopsaftis, P.T.**

Ms. Kopsaftis has been in physical therapy private practice for 18 years and specializes in manual techniques for restoring pain-free movement and postural symmetry. After observing that while traditional physical therapy offers some relief for patients, it often does not restore patients to full function, she sought training from several dozen institutions and individuals and eventually developed her own “brand” of physical therapy. She has designed a comprehensive training program for physical therapists that teaches others to offer outcomes-based therapy to patients.

## **Del Sroufe**

Mr. Sroufe is a partner in Wellness Forum Health Holdings and Executive Chef and director of the company’s food division, where he is responsible for menu development, marketing strategies, developing and teaching cooking classes, employee hiring, training and management, kitchen management, compliance, purchasing, customized menus for people with health issues, development of internship programs, public speaking, media interviews, account development and general business management. He has been involved in the food business for over 20 years, with experience ranging from restaurant management to owning and operating a retail bakery.

Del is the author of the *New York Times* best-selling *Forks Over Knives: The Cookbook*, *The China Study Quick and Easy Cookbook*, and *Better Than Vegan*. His newest book is *China Study Cookbook: Family Style*. Del has achieved notoriety as a chef nationwide, and has cooked for some of the most famous plant-based doctors and teachers.

## **Mary Marshall, BSN, RN**

Ms. Marshall works in the workplace wellness department at Union Hospital and is also President of Eat, Learn Live Ltd. Mary facilitates the Permanent Weight Loss Program for Wellness Forum Health. She also makes delivers presentations and offers WFH programming to

clients in northeastern Ohio. She is certified as a WellCoach, and has extensive experience working with people on behavioral change.

### **Pam Popper, President Wellness Forum Health**

Pam is the inventor of InforMED™ Medical Decision-Making. She is the author of thousands of articles and thousands of hours of programming designed to help consumers to make better decisions about health-related matters and to help facilitate diet and lifestyle change.

Pam serves on the President's Board for the Physicians' Committee for Responsible Medicine in Washington D.C. She was one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

Pam has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book which was on the *New York Times* bestseller list for 66 weeks. Her most recent films are *Food Choices* and *The Yoyo Effect*. Her most recent books are *Food Over Medicine: The Conversation That Can Save Your Life*.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions, and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

Pam is a straight-talking professional who is not afraid to criticize national health organizations, government agencies, medical professionals, pharmaceutical companies, agricultural organizations and manufacturing companies, many of whom have agendas and priorities that interfere with distributing truthful information and promoting public health.