

LIFESTYLE MEDICINE CONFERENCE

— MAY 2, 2014 —



Addressing the integration
of cutting edge brain and
health sciences into everyday
practices in order to foster
well-being and overcome
chronic diseases

Brain Health & Physical Wellness

**TEMPA DUKTE
LAMA**

Founder of
Olmo Ling Bon
Center

**LEWIS MEHL-
MADRONA, MD**

Author of
*Coyote
Medicine*

**BETSY BLAZEK-
O'NEILL, MD**

Integrative
Medical
Physician



LIFESTYLE MEDICINE CONFERENCE



Brain Health & Physical Wellness

ABOUT THE CONFERENCE

Lifestyle factors including nutrition, physical activity, and stress are critical determinants of brain and physical health, causing a pandemic of chronic disease and unsustainable health care costs. This summit will provide an array of evidence-based curricular resources for prevention and treatment of lifestyle related diseases; participants will enjoy practical and engaging experiential components and be empowered to lead healthier lives. Leading experts in the field of healthcare sciences will enrich the attendees with evidenced based research to improve health and quality of life.

WHO SHOULD ATTEND

This conference is intended for family members, consumers, psychiatrists, primary care physicians, psychologists, nurses, nutritional, dietary social workers, pharmacists, correctional counselors, certified rehabilitation counselors, addiction specialists, mental health professionals, educators and law enforcement specialists.

EDUCATIONAL OBJECTIVES

At the conclusion of this program, participants should be able to:

- Identify poor lifestyle choices the root causes of modern chronic diseases
- Practice stress relief techniques
- Learn skills to have a healthy lifestyle and the possibility of having meaningful and sustainable improvements in their health

FRIDAY MAY 2, 2014

Chestnut Ridge Inn on the Green
1726 Old William Penn Highway
Blairsville, Pennsylvania 15717

PLANNING COMMITTEE

Cathy Kumor, MS, CHES; Phyllis Morgan, Elisa B. Haransky-Beck, O.D., C.O.V.D., S.M.E; James Ellermeyer, Ruth Fowler, Crystal Longanecker, Janet M. McKee, Sven Hosford, Ruthann Valentine

ACCREDITATION

6.5 Hours for Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT. (applied for)

SECLAIRER DESIGNATES THIS CONTINUING MEDICAL EDUCATION ACTIVITY FOR A MAXIMUM OF (6.5) AMA PRA CATEGORY 2 CREDIT(S)

CONFERENCE TUITION:

1 person: \$90.00 | 3 People: \$240.00

Make check payable to: MPSPG "Brain Health & Physical Health"
Mail To: Attn: Crystal, Seclairer PO Box 367, Delmont PA 15626
For more information: crystal@seclairer.com
Phone: (724) 468-3999 Ext:210 | Fax: (724) 468-0039
[Register online at Seclairer.com](http://seclairer.com)

Registration Includes: Registration, conference materials, lunch and continuing education credits. Full tuition must accompany the registration form. No refunds can be issued after April 20, 2014.

ACCOMMODATION

Hampton Inn & Suites Blairsville
This hotel is located next to the Chestnut Ridge Golf and Conference Center.
62 Pine Ridge Rd, Blairsville, PA 15717 | Phone: (724) 459-5920

Registration Form **REGISTRATION DEADLINE: APRIL 25, 2014**

Name	Discipline				
Home Address	City	State	Zip	Home Phone	
Place of Employment	Address		City	State	Zip
Work Phone	Email				
<input type="checkbox"/> Individual with Disability or Dietary Restriction (Identify Needs)					

For Continuing Education purposes, Please check if you should receive:

☐ Category 2 CME ☐ SW ☐ CE

Total Tuition Enclosed: Method: ☐ Check Credit Card: ☐ Mastercard ☐ American Express ☐ VISA

Name on Card: Card Number:

Exp Date: Signature:

Schedule

- 8:00 a.m. *Registration/Exhibits*
- 8:30 a.m. **Welcome & Introduction**
Safdar I. Chaudhary, M.D.
- 8:35 a.m. **Mindfulness and Healing**
Tempa Dukte Lama
- 8:45 a.m. **Key Note: The Intersection of Science & Spirituality**
Lewis Mehl-Madrona, MD
- 9:30 a.m. **Understanding the Fundamentals of Brain Health and Chronic Diseases**
Safdar I. Chaudhary, MD
Oxidative Stress: Managing Fatigue and Fibromyalgia
Zahida Chaudhary, MD
Sleep Apnea: Do you Sleep Poorly and Experience Daytime Tiredness?
Azmat Qayyum MD
- 10:30 a.m. *Break*
- 10:45 a.m. **Integrative Health & Lifestyle programming**
Betsy Blazek-O'Neill, MD
- 11:15 a.m. **Mindfulness Techniques for Psychiatric and Medical Disorders**
Safdar I. Chaudhary, MD
Tempa Dukte Lama
- 11:45 a.m. **Which Foods to Eat? Management of Pain and Cancer**
Janet McKee, HHC;AADP
- 12:15 p.m. **Healthy Lunch: Mood, Food and Energy**
Janet McKee, HHC; AADP
- 1:00 p.m. **A Review of Music and Movement Therapies**
Greta Polo, MA, R-DMT and James Buckley
- 1:30 p.m. **State of Healthcare in Everyday Practice: Making your own Healthplan**
Facilitator: Cathy Kumor, MS | *Panel:* Ruth Fowler; Joanne Spence; Dennis Courtney, MD; Lindsey Smith, Phyllis L. Morgan, MA; Stanley Wetschler, MD; Patricia Lemer, M.Ed., NCC; Sister Mary Price
- 2:30 p.m. **Medical Qigong: Energy Medicine and Physical Rehabilitation for the 21st Century**
Dr. Ted Cibik, PhD, ND, DMQ
- 3:15 p.m. *Break*
- 3:30 p.m. **Technology + Emotion**
Matt Keener, MD
- 4:00 p.m. **The Pursuit of Medicinal Plants, Sacred Seeds, and Modern Natural Medicines**
Daniel T. Wagner, R.Ph., MBA, Pharm.D.
- 4:45 p.m. *Best Attendee Prizes and Conference Adjourns*

Speakers



KEYNOTE SPEAKER

Lewis Mehl-Madrona, MD, Ph.D.

Dr. Mehl-Madrona graduated from Stanford University School of Medicine and trained in family medicine, psychiatry, and clinical psychology. He has been on the faculties of several medical schools, most recently as associate professor of family medicine at the University of Saskatchewan College of Medicine. He is working with aboriginal communities to develop uniquely aboriginal styles of healing and health care for use in those communities. He is also currently working with Am'rita, Inc., to develop a program for people with schizophrenia that involves healing through community. The author of Coyote Medicine, Coyote Healing, and Coyote Wisdom, a trilogy of books on what Native culture has to offer the modern world, he is of Cherokee and Lakota heritage.



COURSE DIRECTOR

Safdar I. Chaudhary, MD

Medical Director S'eclairer; Clinical Assistant Professor, Chatham University; Board Certified in Adult Psychiatry by American Board of Psychiatry and Neurology



Azmat Qayyum, MD

Assistant Professor, University of Pittsburgh, McKeesport Hospital; Board Certified in Pulmonary Critical Care and Sleep Medicine; Director Centerpointe Sleep Lab; Monroeville, PA



Betsy Blazek-O'Neill, MD

Staff Physician with Integrative Medicine Program at Allegheny General Hospital and Allegheny Health Network



Ted Cibik, PhD, ND, DMQ

Dr. Ted J. Cibik, CEO of Inner Strength, and a naturopathic doctor and Chinese Medicine Physician. Patients from across North America travel to his Leechburg, PA office for health treatments, education and training, physical therapy and conditioning, and even executive level coaching for individuals and corporations.



Daniel T. Wagner, R.Ph., MBA, Pharm.D.

Dr. Dan Wagner, founder of NutriPharmacy in Wildwood, PA, a Pharmacist who has traveled extensively to research plant medicines in the rainforests of Belize, Costa Rica, Ecuador, Cuba and Western Africa, and has incorporated his knowledge and experience into his natural pharmacy practice.



Matt Keener, MD

Dr. Matt Keener, University of Pittsburgh neuroscience professor and cofounder of EMODT, a company that combines neuroscience with technology to help people have better awareness and control of their emotions.



Tempa Dukte Lama

Tempa Dukte Lama, the founder and spiritual director of Olmo Ling Bon Center and Olmo Ling Publications in Greenfield PA. Born in Nepal, he is an ordained Tibetan Bon lama, an artist, poet, and the author of "The Intimate Mind" and "Inexhaustible Miracles."



Cathy Kumor, MS, CHES

Health and Wellness Promotion/Consultant and Health Advocate, Member of the National Wellness Institute; Connellsville, PA



Zahida Chaudhary, MD

Dr. Zahida Chaudhary, clinical assistant professor at LECOM Medical College at Seton Hill, was trained in mindfulness-based stress reduction by world renowned Mindfulness expert, Dr. Jon Kabat Zin, PhD, and has received intensive training in Dialectical Behavioral Therapy.



Janet McKee, HHC; AADP

Janet McKee, founder of Sanaview in Pittsburgh PA, is a board certified Holistic Health Counselor, a certified member of the American Association of Drugless Practitioners, and a representative of The Physician's Committee for Responsible Medicine (PCRM) and The Cancer Project, founded by Dr. Neal Barnard.

Join us in The Garden of Beauty and Wisdom at S'eclairer

Coyote Wisdom

The Healing Power of Story

A Retreat with Lewis Mehl-Madrona, MD, PhD
at S'eclairer

When: 10-3pm, Saturday, May 3, 2014

Cost: \$75 (Includes food and experience)

Dress: Causal/Comfortable | **Registration limited to:** 35 people

During this retreat, you will experience the beauty of indigenous wisdom while retrieving and reviving your own narrative in relationship and stewardship with your inner and outer resources for the health of the individual and collective body, mind, and spirit.

All Retreats are to be registered with R. Valentine, Registrar. Make Check payable to R. Valentine, Registrar, 1212 Harvest Drive, Monroeville, PA 15146. Phone: 412-372-1465 or register online at seclairer.com

Upcoming Events with S'eclairer and Friends

S'ECLAIRER:

Community Outreach at Connellsville
Brain Health and Diabetes
Saturday April 12, 2014 | 9am-3:30pm

Community Outreach with Forbes Trail Faith in Action
Brain Health and Heart Disease
Saturday April 26, 2014 | 9am-3:30pm

Community Outreach at Saint Vincent Basilica campus
Hildegard of Bingen and Holistic Medicine
Saturday May 31, 2014 | 9am-3:30pm

Celebrating Life at S'eclairer (A free evening with dinner)
Saturday September 20, 2014 | 6-9pm

Mindfulness and Stress Reduction: "Building a Healthy Lifestyle"
Saturday October 25, 2014

FRIENDS:

Stop Looking, Start Seeing
Dr. Jacob Liberman and Dr. Elisa Haransky-Beck
Sunday May 4, 2014 | 10am-6pm
For more info: schwartzlivingmarket@gmail.com

Visit a Living Pharmacy in the Amazon Rainforest with Dr. Dan Wagner
May 15- 24, 2014

For more info: Nutrifarmacy.com



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Pittsburgh, PA

EXPLORE LEARN S'ECLAIRER STYLE

FIND US seclairer.com