



Topics on which to Chew: Digesting your Food, Mood, Words, and Energy

At Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sponsored by:



The Maple Center for Integrative Health



September 14, 2016 - It's Alimentary, My Dear Watson—from Mastication to Elimination

Presented by Dr. Kathleen Stienstra,

An overview of our digestive system—how it works, what can go awry and some tips on how to help it heal.

October 12, 2016 - What's with the Wheat? Presented by Dr. Kristen Walton, DC, Cac

This documentary investigates the growing epidemic of wheat intolerance and why after eating wheat for thousands of years, it is now linked to digestive issues and chronic health problems. Learn about how modern farming and preparation practices have changed traditional wheat into a 21st century health concern. Question and answer session with Dr. Kristen Walton DC CAC

November 9, 2016 - The Power of Words – an Introduction to Mantras

Presented by Devaki Lammet

Whether used in meditation, or for singing devotional songs or for many occasions in everyday life, Mantras help to calm your mind and are an easy way to uplift yourself! In this workshop you will learn to recite and sing simple mantras in call and response and together to create positive vibrations within and around us!

Devaki H. Lammet holds a master's degree in psychology from the University of Cologne, is an ayurvedic lifestyle consultant, and is an internationally certified yoga teacher (E-RYT 500+) since 2000. She lived 5 years in retreat centers (Ashrams) in the US & Germany and wrote her thesis on "The psychological experience of the recitation of a personal Sanskrit Mantra and its impacts on everyday life."

December 14, 2016 - What's Eating You?: a look at how energy around and in you affects your overall health.

Presented by Sharon Samsell, LMHC, CHTP/I Liz Samsell, LCSW

This presentation will introduce you to the body's energy field and how its digestive system works. Basic self-care will be taught to aid your system to keep your energy flowing.

Sharon and Liz are mental health professionals offering a variety of integrative modalities including Healing Touch, Craniosacral therapy, and Shamanic Healing. Together they have over 35 years of experience in the healing arts.