



NSAND

NOVA SCOTIA ASSOCIATION
of NATUROPATHIC DOCTORS

27	28	29	30	31	1 JANUARY 2010	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Cold&Flu @ 7PM, Dartmouth Sportsplex	21	22	23
24	25	26 Holistic Childbearing Workshop 1/3	27 Metabolism @ 7PM, Dartmouth Sportsplex	28	29	30
31	1 FEBRUARY 2010	2	3 Inflammation @ 7PM, Dartmouth Sportsplex	4	5	6
7	8	9 Holistic Childbearing Workshop 2/3	10 Menopause @ NOON, Alderny Gate	11	12	13
14	15	16	17	18	19	20
21	22	23 Holistic Childbearing Workshop 3/3	24 Heart of Health @ NOON, Alderny Gate Hydration @ 7 PM, Dartmouth Sportsplex	25	26	27
28	1 MARCH 2010	2	3 Natural Birth @ 7 PM, Dartmouth Sportsplex	4	5	6
7	8	9	10 Bone Health @ NOON, Alderny Gate Detox @ 7 PM, Dartmouth Sportsplex	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Natural Birth @ NOON, Alderny Gate Allergies @ 7 PM, Dartmouth Sportsplex	25	26	27

Fall Information Session Series

The Cold & Flu Battle: Are Your Defenses Armed? (Dr. Sarah Hardy, ND) Wednesday, January 20th @ *Dartmouth Sportsplex, 7-8:30 PM. 'Tis the season. With the cold weather of winter, we tend to stay indoors more and more, with less natural ventilation and an increased exposure to the bugs from others around us. Are your defenses armed? Join Sarah Hardy, Naturopathic Doctor as she discusses natural ways to give your immune system the boost it needs throughout the winter, to not only prevent you from getting sick, but also to help you get over a bug once you've got it!

Holistic Childbearing Workshop (Dr. Sherisse O'Leary, ND, Judith Forget, RMT, Jolene d'Entremont, Yoga Instructor, Robyn Berman, Doula, April MacKinnon, Entrepreneur) Tuesdays, January 26th, February 9th & 23rd @ Balance Naturopathic Health Care Centre, 6 – 8 PM. \$70, Pre-Registration Required. Call 425-4848. Join a panel of mothers and health care professionals for a three-part workshop series on preparing the body, mind, and spirit for pregnancy, labour and the post-partum period. Learn how to avoid toxin exposure to you child, decrease medical interventions during labour, heighten you babys cognitive and immune capacity, prevent disease long-term in mom and babe, enhance bonding between parents and child, and simplify eco-friendly care during the post-partum period.

Healthy Metabolism: How Fuel Efficient is Your Body? (Dr. Sarah Hardy, ND) Wednesday, January 27th @ *Dartmouth Sportsplex, 7-8:30 PM. A multitude of weight loss programs claim to speed up your metabolism, but what if that metabolism isn't working properly? Do you really want to speed up a dysfunctional process? Weight gain and a number of associated health concerns, including high blood pressure, high cholesterol, diabetes and inflammation are associated with poor fuel efficiency or metabolism. Join Dr. Sarah Hardy, ND, as she discusses healthy metabolism, the common health concerns associated with dysfunctional metabolism and some helpful, natural tools for beginning to heal.

Putting Out the Inflammatory Fire (Dr. Sarah Hardy, ND)

Chronic stress and poor nutritional choices contribute to and aggravate inflammatory processes throughout the body. Each individual experiences inflammation differently, ranging from aching joints to digestive changes, from recurrent colds to headaches. Join Dr. Sarah Hardy, ND to discuss nutrition and lifestyle modifications that greatly reduce the overall stress on your body and profoundly diminish inflammation. Wednesday, February 3rd @ *Dartmouth Sportsplex, 7-8:30 PM

Menopause: A Time of Transition. (Dr. Sarah Hardy, ND; part of Nourishing Women in Their Journey to Health Series)

Are hot flashes, night sweats, mood swings and sleep challenges bringing stress to your life? Nature never intended for women to suffer through this time of transition. Join Dr. Sarah Hardy, ND to discuss a natural approach to hormone balancing for the prevention and treatment of these and other menopausal symptoms.

Wednesday, February 10th @ Alderney Gate Library, 12-1 PM

The Heart of Our Health (Dr. Sarah Hardy, ND; part of Nourishing Women in Their Journey to Health Series)

Most Canadian women have at least one risk factor for heart disease and our best defense is understanding these risks factors and taking action for prevention. To celebrate heart month, join Dr. Sarah Hardy, ND to discuss a natural approach to protecting your heart health. Wednesday, February 24th @ Alderney Gate Library, 12-1 PM

Hydration: The Healing Power of Water

Every cell in your body uses water, everyday. Healing many health conditions, from arthritis to constipation, from weight loss to detoxification, begins with hydration. Join us and rediscover the many functions of water in your body, the health conditions related to dehydration and some creative ways for improving you water intake. Wednesday, February 24th @ *Dartmouth Sportsplex, 7-8:30 PM

Strong Bones: Supporting Healthy Structure (Dr. Sarah Hardy, ND; part of Nourishing Women in Their Journey to Health Series)

As women age, the silent process of osteoporosis has the potential to begin. Join Dr. Sarah Hardy, ND to discuss a natural approach to maintaining bone health for your lifetime.

Wednesday, March 10th @ Alderney Gate Landing, 12-1 PM

Preparing for Birth Naturally (Dr. Sarah Hardy, ND)

Pregnancy and birth are natural process, relying on the inherent wisdom of the body. Join Sarah Hardy, Naturopathic Doctor, as she explores gentle, natural approaches to supporting your body throughout pregnancy and birth with nutrition, balancing stress, homeopathy, herbal medicines and hydrotherapy.

Wednesday, March 3rd @ *Dartmouth Sportsplex, 7 PM

Wednesday, March 24th @ Alderney Gate Library, 12-1 PM

How Toxic Are You? The Basics of Natural Detox (Dr. Sarah Hardy, ND)

Detoxification. It's the new buzz word, the latest fad diet. Many people spend a torturous two weeks every spring on an unsupervised detox program and then spend the other fifty weeks of the year retoxing! Do you know that one of your body's primary, natural functions is to detoxify every day? Join Dr. Sarah Hardy, ND as she discusses the importance of natural detoxification in healing, the four natural routes of elimination and some basic tools for optimizing toxin elimination, everyday.

Wednesday, March 10th @ *Dartmouth Sportsplex, 7 PM

The Allergy Epidemic: Beyond Pollen and Hayfever (Dr. Sarah Hardy, ND)

'Tis the season – spring is on it's way and with it arrives many natural pollens, the triggers for seasonal allergies and hayfever. Most of us are not born with these allergies, but notice their development in childhood, or later on in life. Why do environmental allergies develop? Why do some people live through each season allergy free while others are plagued by sneezing, coughing, runny noses and congestion? Join Dr. Sarah Hardy, ND as she answers these questions and many others related to the growing allergy epidemic. Learn some useful tools for maximizing your immune balance and promoting health, all year 'round. Wednesday, March 24th @ *Dartmouth Sportsplex, 7 PM

* Information Sessions held at the Dartmouth Sportsplex will be \$15 for members, \$18 for non-members. You must register for these educational sessions in advance by calling 464.2600,ext. 0

