

**When: 7pm Where:**  
*complimentary food and refreshments*

**Golden Pond**  
assisted living

50 West Main St.  
Hopkinton, MA 01748

**Hopkinton Drug** 🍷

**Hopkinton Drug**

**FREE Lecture Series**

**June 9th, 2010**  
**BIO-IDENTICAL HORMONE**  
**REPLACEMENT THERAPY**  
(BHRT)



**Patricia Jay, MD - OBGYN**

Topic - Treatment of symptoms such as hot flashes, night sweats, mood swings, trouble sleeping, weight gain, fatigue, loss of libido, irregular menstrual cycles etc. with BHRT.

**June 23rd, 2010**  
**ALLERGIES, IMMUNE SYSTEM,**  
**ADRENAL HEALTH STRATEGIES**



**Vivian Varese, MD - Functional Medicine Physician**

Topic - Optimizing digestive and immune functions through the most natural means possible and with minimal use of pharmaceuticals. Learn to manage your allergies and adrenals.

**July 14th, 2010**  
**SUNLIGHT AND**  
**HEALTHY SKIN**



**Louis Kuchnir, MD - Dermatologist**

Topic - Caring for healthy skin, pros and cons of sun exposure, types of skin cancer and methods of prevention.

**July 28th, 2010**  
**LIVING HEALTHY**  
**WITHOUT TOXINS**



**Lisa Vasile, NP**

Topic - Decreasing and avoiding toxic exposures in everyday living. Learn everyday skills such as reading product labels to make healthier choices.

**August 25th, 2010**  
**HYPOTHYROIDISM**



**Kenneth Blanchard, MD, Endocrinologist**

Topic - Diagnosis and treatment options for Hypothyroidism and it's debilitating symptoms including depression, fatigue, headaches and weight gain.

**Sept. 15th, 2010**  
**MINIMALLY INVASIVE**  
**JOINT REPLACEMENT**  
**& HIP RESURFACING**



**Eli Olschewski, MD - Orthopedist**

Topic - Hip arthritis and treatment, including standard hip replacements and minimally invasive hip replacement surgery.

**Sept. 29th, 2010**  
**CHIROPRACTIC**  
**SPORTS MEDICINE**



**Jason Mavor, DC - Chiropractor**

Topic - Athletic injuries and the benefit of chiropractics in their treatment and prevention.

**October 13th, 2010**  
**VETERINARY**  
**ZOONOTIC DISEASE**  
**EMERG. DISAST. RESPONSE**



**David Schwarz, DVM - Veterinarian**

Topic - Diseases transmissible between people and animals. How pet owners can include their animals in emergency planning.

**November 10th, 2010**  
**PRENATAL**  
**CHIROPRACTIC THERAPY**



**Jennifer Belise, DC - Chiropractor**

Topic - Gentle and effective chiropractic management of pregnancy related musculoskeletal disorders with state of the art technology.

**December 1st, 2010**  
**CHRONIC FATIGUE SYNDROME,**  
**LYME DISEASE,**  
**MOLD, FIBROMYALGIA**



**Ritchie Shoemaker, MD - Biotoxin Specialist**

Topic - New treatment options for chronic fatigue syndrome, fibromyalgia, post-lyme syndrome and mold exposure.

**December 15th, 2010**  
**HEALTHY LIVING**  
**FOR LIFE**



**Ralph Ferraro, Rph - Pharmacist**

**Terry Anthony, IBCLC**

**Beth Graubart, MS**

Topic - Healthy living for life, increasing the possibility of full function and absence of disease well into old age.

**RSVP recommended**

**(508) 435-4441 x111**

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