

Be Well on Your Way

FREE seminars and workshops are offered by Kaiser Permanente's Positive Choice Wellness Center to support people with developing and maintaining a healthy lifestyle. Activities are educational, fun, and open to everyone. Kaiser Permanente members and non-members are welcome.



Schedule for January to June 2010

Breaking the Hold ~ Taming Food (and Other) Addictions

Friday, January 29 6 to 7 p.m.

The Right Fit ~ Finding the Shoe that Lets You Survive the Workout

Thursday, February 4 6 to 7 p.m.

Maintaining Peace in an Un-Peaceful World ~ Learn the Gentle Art of Meditation

Friday, February 19 7 to 8 p.m.

The Perfect 20-Minute Workout ~ Really!

Tuesday, March 2 6:30 to 7:30 p.m.

Rejoicing: The Secret to Enjoying Everything

Tuesday, March 16 7 to 8 p.m.

Walk 2 Win ~ Beginners or Seasoned Walkers Train to Walk a 5K, 10K, Half or Full Marathon

Monday, April 5 6 to 7 p.m.

Beyond Pain, Back to Life! Treatments for Chronic Pain

Tuesday, April 20 6 to 7 p.m.

You Use Only 10% of Your Brain ~ Learn How to Use the Other 90% with Self-Hypnosis

Tuesday, May 4 5:30 to 6:30 p.m.
7 to 8 p.m.

Healing Power of Aloe Vera ~ Discover Its Healing Benefits and How to Use It for Different Treatments

Friday, May 21 6 to 7 p.m.

Heal to the Beat of Drums ~ Discover Drum Therapy

Tuesday, June 15 6:30 to 7:30 p.m.

Solutions for Insomnia ~ Use Acupuncture to Put You to Sleep

Tuesday, June 29 6 to 7 p.m.

Breaking the Hold ~ Taming Food (and Other) Addictions

Friday, January 29 6 to 7 p.m.

Feeling *addicted* to food? Steven T. Fortson, MA, will help you understand the physiological and psychological addictive nature of food—particularly sugar-foods. You'll regain your sense of power over food and your life and learn effective techniques to help you recognize and resist the urges to overeat. A great workshop for anyone who ever feels *powerless* in the face of food.

The Right Fit ~ Finding the Shoe that Lets You Survive the Workout

Thursday, February 4 6 to 7 p.m.

Are aching knees, pain in your hips or in your feet stopping you from exercising? Maybe your solution is as easy as finding the right shoe. Learn how the shape of your foot, height of your arch, and how your foot moves when you walk or run determines the type of shoe you need and what a difference it can make in your ability to exercise. This seminar will be hosted at Road Runner's Sports located at 5553 Copley Dr., 92111. Each person will receive a free digital foot scan, video of themselves running or walking on a treadmill, three sizing measurements (foot length, foot width, arch length), and shoe recommendations. ***The best part is one lucky person will win a pair of free shoes valued up to \$100!***

Space may be limited for some events, so please call and reserve your seat. Unless another location is listed in the seminar description, all seminars are held at the Positive Choice Wellness Center.

Positive Choice Wellness Center
www.positivechoice.org
7035 Convoy Ct., San Diego, CA 92111

(858) 573-0090

Maintaining Inner Peace in an Un-Peaceful World ~ Discover the Gentle Art of Meditation

Friday, February 19 7 to 8 p.m. We have little control over what happens in the world around us, but we have the ability to gain control over our inner-world. Gen Atisha, a Kadampa Buddhist monk and resident teacher at Vajrarupini Center in San Diego, will offer an introduction to meditation suitable for beginners and also for those with more experience. You will learn what meditation is, its benefits, and how to begin and sustain a meditation practice.

The Perfect 20-Minute Workout ~ Really!

Tuesday, March 2 6:30 to 7:30 p.m. What if you could dramatically change the shape of your body in as little as two, 20-minute sessions a week? Well, you can and Matt Hedman wants to show you how. Using a slow motion weight training method, these workouts have been shown to develop muscle strength 50% faster than traditional strength training workouts. This technique is less costly, less time consuming, and reduces your chance of injury. So this year gain a few pounds of muscle and lose some fat!

Rejoicing: The Secret to Enjoying Everything

Tuesday, March 16 7 to 8 p.m. No ordinary life is free from adversity. Challenging times can leave you feeling panicked, anxious, and overwhelmed. It is easy to become paralyzed by feelings of fear and sadness to the point where you are unable to make wise decisions and move forward in your life. Gen Atisha, a Buddhist monk and resident teacher at Vajrarupini Center in San Diego, will teach you how to control your mind and reactions through the practice of rejoicing. Rejoicing means learning to recognize and appreciate our good fortune and the opportunities for growth hidden in the challenges of a busy life.

Walk 2 Win ~ Beginners or Seasoned Walkers Train to Walk a 5K, 10K, Half or Full or Half Marathon ~ Anyone Can Do It!

Monday, April 5 6 to 7 p.m. Make friends, have fun, get fit and learn a whole new way to walk off pounds with Coach Lizzy Kemp Salvato, MS, a National Race Walking Team member, 1992 Olympic Trials race walking qualifier, and exercise physiologist. Groups start quarterly and provide weekly training and workout schedules using the race-walking technique; a low-impact, injury-free method that burns more calories than running. A great opportunity for those who want to stay fit.

Beyond Pain, Back to Life! Treatments for Chronic Pain

Tuesday, April 20 6 to 7 p.m. Living with chronic pain makes even the smallest of life's chores harder and can dim every pleasure. Loved ones of those chronically in pain suffer, too. Despite the challenges, experts agree that people living with chronic

pain and those living with them can live full and meaningful lives. Monica Foster, PhD, Manager of Kaiser Permanente's Comprehensive Pain Program will help you connect with resources, support groups, and strategies to minimize your pain and maximize your life enjoyment as well as offering support to family members. There is hope!

You Use Only 10% of Your Brain ~ Learn How to Use the Other 90% with Self-Hypnosis

Tuesday, May 4 5:30 to 6:30 p.m. or 7 to 8 p.m.

Dr. Brian Alman, PhD, an internationally known author and psychotherapist, will show you how to create positive changes in your life. Combining techniques in self-hypnosis, meditation, visualization, and deep breathing Dr. Alman will help you personalize these techniques so you can apply them to just about any life situation and see amazing results.

Healing Power of Aloe Vera ~ Discover Its Benefits and How to Use it for Different Treatments

Friday, May 21 6 to 7 p.m.

Using aloe vera as a healing tool is an ancient practice in cultures worldwide. First documented for its ability to soothe burned, irritated, or damaged skin, studies suggest that aloe vera is also helpful in treating a variety of other medical conditions including diabetes and cancer. Yan Skawara, CEO of US Farms, Inc.—the biggest supplier of aloe vera plants and products in North America—will be speaking about the healing benefits of aloe, how to use it, and how to purchase quality plants and products.

Heal to the Beat of Drums ~ Discover Drum Therapy

Tuesday, June 15 6:30 to 7:30 p.m.

Sundiata Kata, music director for the San Diego Center for Children uses music as a therapeutic tool to help children and adults learn a gentle way of introspection and relaxation. In addition to being a lot of fun, as Sundiata explains, "*Music is a safe, non-judgmental way to express emotions without ever saying a word.*" Using drums, xylophones, rain sticks, and tambourines, Sundiata leads groups in self-expression and experiencing a sense of community. Children and adults are welcome at this seminar. Come heal to the beat of these drums.

Solutions for Insomnia ~ Acupuncture for a Better Night's Sleep

Tuesday, June 29 6 to 7 p.m.

Sleepless nights can lead to weight gain, relationship problems, lowered immune systems, and poor health. Learn how acupuncture can help you to sleep and renew your body and mind. Martha Odegaard LAc, OMD, a US and China trained, licensed acupuncturist and Chinese Medicine specialist with over 20 years experience will show you how.