

AMTA-IDAHO CENTRAL UNIT MEETING/WORKSHOP

Thursday, September 8, 2011, 8:30 a.m. to 3:30 p.m.

Red Lion Hotel Canyon Springs

1357 Blue Lakes Boulevard North, Twin Falls, Idaho 83301

“AGING BODY; AGING MIND”

Instructor: Joanne Lichten, Ph.D., R.D.

Presented by Institute for Natural Resources (INR)

6 Continuing Education Hours

AMTA-Idaho (#450392-07) and Institute for Natural Resources (INR) are both approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as continuing education Approved Providers.

Lunch will be provided at 11:30 a.m.

Please plan to attend the Central Unit Meeting - details to come

By registering through the AMTA-Idaho chapter, you will receive a group discount

ABOUT THE WORKSHOP: The program and lecture will cover:

- * Life span vs. longevity
- * Depression and dementia
- * Bipolar disease
- * Antioxidants
- * Vitamin E
- * Diabetes and stroke
- * Fish oil and aging
- * Hypertension
- * Acupuncture and chronic pain
- * Neuropathic pain
- * Chronic pain in osteoarthritis
- * Use of antidepressants and functional neurons
- * Nutrition and the management of depression and dementia
- * Maintaining the complexity of neuronal networks
- * High-protein diets and aging
- * Cardiovascular health and blood “thinning”
- * Aggressive prevention of stroke
- * Concerns about contaminated sources of fatty acids
- * Dietary and alternative remedies for heart health
- * Nutrition’s role in treating heart disease, stroke, hypertension
- * Pain pathology, fibromyalgia, and trigger points
- * Nutritional therapy

ABOUT THE INSTRUCTOR: Dr. Joanne Lichten, Ph.D., R.D., completed her graduate studies in human nutrition at the Virginia Polytechnic Institute. She conducted research on the effects of glucose intolerance on idiopathic migraines. Dr. Lichten is a former professor at the University of Texas and the author of many books and scientific articles. She has presented more than 1000 programs to health professionals and the public.

REGISTRATION: Please fill out the form below, make check or money order payable to “INR,” and mail form and payment to Rachel Whatcott, 332 Van Buren Street, Twin Falls, Idaho 83301. Contact Rachel with questions at 719-440-7083 or rwhatcott@hotmail.com.

REGISTRATION FORM
September 8, 2011, in Twin Falls, Idaho

Please print:

Name: _____

Profession: _____

Home Address: _____

Professional License #: _____

City: _____ State: _____ Zip: _____

License Expiration Date: _____

Home Phone: (____) _____ Work Phone: (____) _____

Employer: _____

E-Mail: _____

Fee: \$76.00 group rate for pre-registration

Registration deadline is August 25, 2011.