Heal Thyself?

Exploring the impact of screening, prevention and complementary therapies on personal health

**SEVEN WEEKLY SESSIONS**

**WEDNESDAY EVENINGS  SEPTEMBER 26 - NOVEMBER 14**

**Session 1: Wednesday, September 26**
- **Traditions and Science in Healing**
  Understanding how knowledge and belief systems influence our approach to health

**Session 2: Wednesday, October 3**
- **Vitamins, Drugs, Supplements and Exercise**
  The good, the bad, and the uncertainty

**Session 3: Wednesday, October 10**
- **Chinese Medicine and Herbs**
  What works? What’s safe? How to choose?

**Session 4: Wednesday, October 17**
- **Appetite and Metabolism**
  Are we really what we eat?

**Session 5: Wednesday, October 24**
- **Nutrition and the Secret Life of Genetically Modified Foods**
  The story of what goes in and what it does when it gets there

**Session 6: Wednesday, November 7**
- **How Do We Cope?**
  Dealing with stress and illness

**Session 7: Wednesday, November 14**
- **Is an Ounce of Prevention Enough?**
  The pros and cons of health screening

**Questions? Call (603) 653-1568 or e-mail DCMSRegistration@Dartmouth.edu**

**DISTINGUISHED FACULTY**

**Dartmouth College**
- Mary Lou Guerinot, PhD, Professor of Biological Sciences
- Robert G. Henriks, PhD, Professor of Religion

**Dartmouth Medical School**
- Lori A. Alvord, MD, Assistant Professor of Surgery
- Lynn P. Butler, MD, Assistant Professor of Medicine
- Kathleen H. Chaimberg, MD, Assistant Professor of Anesthesiology
- Paul D. Gerber, MD, Professor of Medicine
- Joshua W. Hamilton, PhD, Associate Professor of Pharmacology and Toxicology
- Marcia Herrin, EdD, MPH, R.D., Adjunct Instructor in Community and Family Medicine
- Lionel D. Lewis, MB, BCH, MD, Associate Professor of Medicine and of Pharmacology and Toxicology
- Donald A. Mahler, MD, Professor of Medicine
- Gerald T. O'Connor, PhD, DSc, Professor of Medicine and of Community and Family Medicine
- Mark H. Reed, MD, Assistant Professor of Psychiatry
- Oscar A. Souris, MD, PhD, Professor of Biochemistry
- Margaret A. Candill-Sloanberg, MD, PhD, Adjunct Associate Professor of Anesthesiology
- Lee A. Witters, MD, Professor of Medicine and of Biochemistry

**LOCATION AND TIMES**

The Nancy S. Boettiger Auditorium, Derryfield School
2108 River Road, Manchester, NH

All sessions are 7:00-9:30pm.

A registration fee of $20 covers all seven sessions. Directions and parking information will be mailed with your receipt.