



# “Dynamic Integrated Health Solutions”

A series of health talks presented by:

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**2 CEUs  
for RNs**

To hear interviews with the speakers,  
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# Stop insomnia from running your life

**Friday,  
March 14  
6:30 to  
9:30 p.m.**

**HMF members:  
\$5**

**Nonmembers:  
\$15**

**Food  
tailored to  
the talk \$10**

## Sleep APNEA



**Fred Nachtwey, MD**

- Medical doctor, John Muir Medical Center's "Contra Costa Sleep Center"
- Staff of the "Respiratory Medical Group," Walnut Creek and the "East Bay Pulmonary Medical Group," San Pablo
- Former staff of the "Sleep Disorders Center" in San Pablo

## Science & NUTRITION



**Ed Bauman,  
M.Ed, Ph.D.**

- Director, Bauman College: Holistic Nutrition and Culinary Arts
- Bauman Nutrition Clinic
- Author of *Holistic Health Handbook, Eating for Health, and Recipes and Remedies for Rejuvenation Cookbook*

## Guided IMAGERY



**Martin Rossman, MD**

- Founder/director of Center for Collaborative Medicine, Mill Valley.
- Clinical associate at UCSF Medical Center.
- Author of *Healing Yourself*.
- A scientific advisor to the Institute for the Advancement of Health in NYC.

**John Muir  
Medical  
Center  
Ball Auditorium  
Walnut Creek**

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