

February 5, 2010

For Immediate Release

Health Medicine Forum presents: "Relationships: Self, Others, and The Universe" at the Leshar Center for the Arts

Walnut Creek, Calif. – Health Medicine Forum (HMF) hosts "Relationships: Self, Others, and The Universe", the 7th event of the Rethinking Wellness Series, at the Leshar Center for the Arts in Walnut Creek on Tuesday, February 23rd. Event begins at 7:15 pm. Opportunity to network and meet the speakers before and after the event.

These dynamic speakers will explore the fundamentals for restoring, maintaining, and enjoying healthy relationships at all levels. They will guide the audience to appreciate the necessity of self acceptance as well as the rewards inherent in living in a community built on service. In this fireside chat, Francesco and Len will look at the nature of today's culture, analyze its pluses and minuses, and present a practical model that can lead to living lives filled with meaningful purpose, happiness, and vitality.

FRANCESCO GARRIPOLI:

Francesco is a renowned Qigong instructor, author, wellness advocate, Emmy Award winning television graphics designer and program Producer-Director. He produced educational television programs for PBS-TV for 18 years. He is the past President of the National Qigong Association and current Chairman of the Qigong Institute. He is the author of two books, "Tao of the Ride" and "Qigong - Essence of the Healing Dance." Francesco is the co-creator of a non-profit educational organization focusing on family and youth services and community empowerment programs in Kauai.



LEN SAPUTO, MD:

Len is a board-certified internist with 40 years of experience. He has pioneered the development of an integrative, holistic, person-centered, preventive health care model called "Health Medicine." He is the founder of the Health Medicine Forum, a non-profit educational foundation and the Health Medicine Center in Walnut Creek. Len is a practicing physician, motivational speaker, television and radio personality, and was formerly ranked number one in the world in men's senior tennis by the International Tennis Federation. He is the author of the highly acclaimed book, *A Return to Healing: Radical Health Care Reform and the Future of Medicine*.



Tickets

- \$5 Students and Seniors
- \$10 Health Medicine Forum members*
- \$15 Advance (non-HMF members)
- \$20 At the door (non-HMF members)

Tickets may be purchased at the box office, over the phone or on the website:

www.lesherartscenter.org (go to February calendar, click on this event, click 'Buy tickets')

Box Office: 925-943-7469 (925-943-SHOW)

**HMF members can purchase tickets at the box office or over the phone.*

Member codeword must be used for member discount. *Join HMF online or at the event.*

The Health Medicine Forum is a nonprofit educational foundation of healthcare providers and community leaders dedicated to producing educational events, certification programs, Integral Healing Groups and to the advancement of Integral Health Medicine which is based on integrative, holistic, preventive, person-centered care.

For more information about HMF:
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