

# **Empowering Your Health (Hybrid)**

**Wednesday 9:00am- 10:30am**

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Your Health is a huge discussion topic these days. Major media, Podcasts, News and Your Group of Close Friends are all talking about how we can improve our Health and apply new medicine, nutrition, exercise and sleep to live better longer. Are you an observer or are you an active participant in making decisions about your Health? This class will bring Subject Matter Experts to provide you with new options from advanced medical practice to innovative and non-traditional ideas for improving your Health outlook.

## **Feb 4<sup>th</sup>: Functional Foods and Healthful Dietary Patterns In Prevention of Chronic Disease**

Neda Akhavan, PhD, RD from UNLV Kinesiology & Nutrition will give us detailed “how, why, and what” our diet can do to improve our health. A stark contrast from internet rumors and trending social media, Dr. Akhavan has the data that could initiate a change in your eating habits while retaining great food options.

## **Feb. 11th- Sexuality and Aging**

Amanda E. Morgan, Ph.D., DHS, MPH from UNLV School of Public Health speaks to the hot topic of aging well. Her research on Sexuality and Aging in a changing social, cultural and institutional world is both interesting and timely.

## **Feb. 18<sup>th</sup>: Your Body Knows What It Needs- Listen to It**

Annie Weisman, PhD, MPH, LMT.UNLV School of Medicine brings her experience in AIDS and Hospice practices to interdisciplinary medical practice: massage therapy, aromatherapy and energy work in patient care. Her current mission is to educate our new Physicians that non-pharmaceutical options are available and effective in concert with the best medical practices.

## **Feb. 25<sup>th</sup>: Everyone Can Meditate**

Ziona Friedlander, Embodied Meditation Teacher, Reiki Practitioner and Theatre Director. Meditation is within everyone's reach. How do we know this? Because each of us innately experiences moments of clarity and peace. Meditation practices can be integrated into our busy lives, and, studies show, improve quality of life and overall health.

## **Mar. 4: Create Your Space for Better Health- Feng Shui**

Danni Sinclair, Interior Design Consultant shows us how our living, working, cooking and sleeping space can become an important issue in your overall physical and mental health. It's spring cleaning season with a focus on decluttering and the emotional attachments to our spaces. Paired with some gentle feng shui principles for clearing and refreshing the home. We are often surrounded by more

objects, more life chapters and reduced mobility so downsizing legacy and memories can be overwhelming.

### **Mar. 11<sup>th</sup>: Memory, Events, and Best Practices for Cognitive Health**

Dr. Samsoon Inayat is an Assistant Professor of Neuroscience in the Department of Psychology at the University of Nevada, Las Vegas. In this talk, Dr. Inayat will provide a clear and accessible overview of how learning and memory work in the brain and how these processes change with normal aging. He will discuss practical, evidence-based strategies that support healthy brain aging, including the roles of stress reduction, movement, circulation, and lifestyle choices, with a focus on helping the brain age well over time.

### **Mar. 18<sup>th</sup>: How is Your Healthcare Delivered? A Doctor's Perspective**

Eileen Shi, MD and local Pediatrician has a unique perspective on something we all live with in today's medical services world: Insurance providers, pharmacy distributors, rules, regulations and policies that could detract from the personal care you deserve. What can we do to help retain the special doctor/provider and patient relationship?

### **Mar. 25<sup>th</sup>- Drugs, Vitamins, Supplements, and Internet Rumors**

Dr. C. Leilani Olswald PharmD from Rosemond Medical School will help us with questions on pharmaceuticals in a complex medical world. Medication storage, polypharmacy, advocating for yourself at the pharmacy, and using different apps to help track things like pneumococcal vaccines to medications lists.

### **Apr. 1<sup>st</sup>: Communication and Empathy**

Ellen Grossman, UNR Extension has taught a number of classes for seniors and this one is something special. Your health is highly impacted by your ability to communicate, connect, support and be supported by others. Empathy is an essential part of your health plan.

### **Apr. 8<sup>th</sup>: Individual Health Decision-Making in a Complex World**

Christopher Heavey, Interim President UNLV will share his knowledge and research into how healthcare is (or is not?) managed in today's complicated world. How does the UNLV Liberal Arts School impact, support and clarify healthcare issues?

### **Apr. 15<sup>th</sup>: Sleep Medicine Impacts Many Aspects of Your Health Plan**

Kelly Newton MD at Dignity Health is Board Certified in Sleep Medicine and has focused on sleep apnea and proven treatments for sleep issues. People in the medical field are recently focused on the millions of people who do not sleep well. People are asking about how sleep impacts cognitive, cardiac, gastrointestinal, and pulmonary health.

**This is a tentative schedule and actual Guest Speakers may be different depending on their availability and calendar conflicts**