



Keynote Speaker

Carolyn M. Matthews, MD, is board certified in gynecologic oncology and has been an attending physician at Baylor University Medical Center since 1991 as well as a clinical professor of obstetrics and gynecology at Texas Tech Health Sciences Center. She is currently president of the medical staff at Baylor Dallas and chair of the Baylor Charles A. Sammons Cancer Center at Dallas quality committee. In 2008 she completed a two-year fellowship in integrative medicine with Dr. Andrew Weil at the University of Arizona, and she is currently pursuing training in functional medicine. She is a diplomate of the American College of Obstetrics and Gynecology as well as the American Board of Integrative and Holistic Medicine.



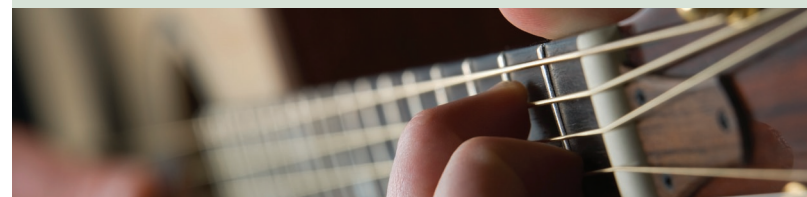
Charles A. Sammons
Cancer Center at Dallas
Virginia R. Cvetko Patient Education Center

3535 Worth Street
Dallas, Texas 75246




Complementary Methods for Health and Relaxation

*The Healing Environment Workshop for
Oncology Patients, Families, and Professionals*



*February 27, 2010 ≈ 8:00 am–1:00 pm
Davis Auditorium, 17 Roberts
Baylor University Medical Center at Dallas
3500 Gaston Avenue, Dallas, Texas*

 **BAYLOR**
Charles A. Sammons
Cancer Center at Dallas
Virginia R. Cvetko Patient Education Center



Keynote Address

Health and Disease Through a New Lens:

The Promise of Integrative and Functional Medicine

Integrative medicine is a combination of the best of conventional medicine and evidence-based complementary therapies, prescribed to bring about the best therapeutic results for an individual. Participants will learn the fundamental principles of integrative medicine, what therapies are commonly prescribed, as well as the importance of lifestyle modification in an integrative approach to chronic diseases.

Carolyn M. Matthews, MD

Breakout Sessions

Acupuncture: Ancient Tradition Used Today

Acupuncture received much deserved attention in Taiwan after President Richard Nixon visited China in 1971 and the news covered it. Today it may be suggested as an option for treatment of nausea, pain, and fatigue associated with cancer treatment. Come learn more about this ancient tradition of healing.

Susan Ho, Licensed Acupuncturist

Laughter Is Healing

The therapeutic benefits of humor and laughter are numerous. This session will cover the research evidence of these benefits, such as lowering blood pressure and reducing stress hormones, and will explore various techniques for using humor in daily life.

Jan Hodgins, PhD, Certified Therapeutic Recreation Specialist, Associate Professor at The University of North Texas

Feng Shui: Living in a Space that You Love

Ever feel as if your life is in disarray? This workshop is designed to provide you an understanding of the basic principles in creating a harmonious environment in our ever-changing world.

Kathryn Voreis, RN, MSN, Louise Herrington School of Nursing

The Art of Living: Secrets of Breathing Techniques

Join us as we learn the secret of how powerful the breath can be to reduce stress, improve health and relationships, provide energy and enthusiasm, and enhance overall quality of life. This workshop integrates modern methods with ancient wisdom to help individuals lead a more fulfilling and productive life. The techniques and processes that will be introduced are easy to learn and practice.

Kala Krishnan, Instructor and City Coordinator, Art of Living Foundation, Dallas Chapter

The Healing Power of Music

Are you looking for a way to calm and soothe your mind and body? Medical studies have shown that many types of sound and music can be utilized for healing and wellness. We encourage you to join us to learn how to incorporate music into your everyday routine and improve your well-being.

Judith Ritchie, MA, CMP, LM and Shelly Niebuhr, MEd, Psychotherapist

The Power of Healthy Eating

This workshop will review eating for optimal health and focus on what foods to include and which to avoid when making dietary choices to improve health. It will cover basic food preparation methods to implement positive dietary changes and discuss the "raw foods diet."

Candace Stone, CHHP, and Suzy Edmonson, OTR, raw foods chef

Therapeutic Power of Touch: Utilizing the Energy that Surrounds Us

This workshop will provide a participatory tour of the techniques used in Quantum Touch, stopping along the way to identify the quantum science principles that are utilized. Explore and practice this method of natural healing that has a wide range of benefits with surprising and often extraordinary results.

Johnnie Aven, PhD, OTR

Agenda

8:00 am Registration/Continental Breakfast

8:45 am Welcome

9:00 am Health and Disease Through a New Lens: The Promise of Integrative and Functional Medicine

10:00 am Break

10:15 am **Breakout Sessions** (choose one)

- Acupuncture: Ancient Tradition Used Today
- Laughter Is Healing
- Feng Shui: Living in a Space that You Love
- The Art of Living: Secrets of Breathing Techniques
- The Healing Power of Music
- The Power of Healthy Eating
- Therapeutic Power of Touch: Utilizing the Energy that Surrounds Us

11:30 am Break

11:45 am **Breakout Sessions** (choose one)

- Acupuncture: Ancient Tradition Used Today
- Laughter Is Healing
- Feng Shui: Living in a Space that You Love
- The Art of Living: Secrets of Breathing Techniques
- The Healing Power of Music
- The Power of Healthy Eating
- Therapeutic Power of Touch: Utilizing the Energy that Surrounds Us

1:00 pm Dismissal



This free conference includes a continental breakfast and speaker materials. Call 214.820.2608 to register for this event. When you call, please be prepared to state your two choices of breakout sessions. Space is limited.

CEUs will be offered for social workers, and certificates of attendance are available for others.

Some ideas presented at this program are not traditional and should be discussed with your personal physician.