

Sustainable Morristown's 2019 Morristown Library Lecture Series

1 Miller Rd and South Street, Morristown, NJ



Health Presentations

1. Tuesday, January 8th, 2019 7pm - 8:30pm

"Want to Know How to Stay Healthy and Not Fall Victim to Modern Day Diseases? It's Easier than You Think!"

Functional Medicine - An Introduction to FM and videos by Dr. Mark Hyman, 10-time #1 New York Times best-selling author on health and wellbeing, international speaker, leader, and educator, Director of the Cleveland Clinic Center for Functional Medicine, and more.

Arm yourself with knowledge of the root causes of most diseases, and positive steps you can take, instead of just treating symptoms.

An overview of some health topics to be covered in future months, video presentations such as:

- Potential to reverse and prevent diabetes (Cleveland Clinic has been able to reverse diabetes in 75% of their patients in a large trial).
- Power of ketogenic lifestyle diet to reverse disease, and for weight loss.
- Food as Medicine - food is information, instructions for your genes, not just energy or calories.
- Brain Health - empower yourself with knowledge about key causes of anxiety, depression, Alzheimer's, autism, optimize mental functioning.
- Science of how to optimize your energy
- Resources for more information on specific health issues, healthy recipes.

2. Wednesday, January 30th, 2019 7pm - 8:30pm

"Zufall Health Center in Morristown – Introduction to Access, Care, and General Services – Providing a wide variety of quality, healthcare."

Ricardo Salcido, Linkage to Care Coordinator, speaker, works for the NJ State Department of Health and Human Services.

- Provides **quality, affordable and culturally competent healthcare** to New Jersey's working poor, uninsured, and underserved population. We offer access to a broad array of medical and enabling services designed to eliminate health disparities and to improve the quality of life in the communities that we serve.
- Information to the HIV Linkage To Care and the Ryan White HIV Program
- Confidential HIV 4th generation testing (20 min; free), education, including assistance for follow-up care for any positive outcomes.
- More about Zufall Health Centers: www.zufallhealth.org