

### WELLNESS WEDNESDAYS

**PRESENTED BY:**  
**PARTNERS IN HEALTH HEALING**  
**ARTS CENTER**

**308 West Baseline Road**  
**Lafayette, CO 80026**  
**303-554-9000**

[www.partnersinhealth4u.com](http://www.partnersinhealth4u.com)



#### **BRIEF BIOS ON PRACTITIONERS:**

**Heather Fliege, MD:** Heather is board certified in Family Practice Medicine and Holistic Medicine and treats babies, children, adolescents, adults and the elderly. While her training and practice is in Western medicine, Heather guides patients to an integrated approach to healthcare when she feels it is best for the individual.

**Mike Lamitola, AADP, CHHC:** Michael Lamitola, our certified Health and Nutrition Counselor, can help navigate you through the world of Wellness. Mike works with clients to find complementary dietary and lifestyle changes that fit their individual needs while working with whole foods and easy recipes!

**Laure Liverman, L.Ac., CNP:** Laure's life passion is helping people to gain relief from pain and suffering, experience deep healing, and achieve and maintain high level wellness. She endeavors to be a guide on the path to well-being by connecting people with their internal strengths and resources while integrating Eastern and Western medicine for a through healing experience.



#### **DE-STRESS FOR SUCCESS: KEYS TO LIVING A HAPPIER LIFE!**

This program is designed to teach practical tools for stress management, stress relief and self-care. Led by a physician, acupuncturist, and a

health coach, attendees will learn a treasure chest full of nutrition, herbal remedies, meditation and other lifestyle techniques; all focused on promoting resilience in a world full of stress.

Ages 18 years and older.

Code	R/NR	Day	Time	Dates
344312-A	\$100/\$110	Wed	6-7:30pm	9/18, 10/2, 10/16, 10/30

#### PROTECT YOUR BONES FROM STICKS AND STONES!



Sticks and stones may break your bones, but what foods will keep them healthy? Most of us have heard about the connection between dairy and bone health, but what else can we

include in our diet? Join the King Soopers Registered Dietitian to learn about surprising foods that affect bone health. For teens and adults.

Code	R/NR	Day	Time	Date
341307-A	FREE	Wed	6:30-7:30pm	9/11

#### FACT OR FICTION? NUTRITION MYTHS DEBUNKED

Are you confused by all the nutrition information out there? Do you keep hearing conflicting information about foods and different diets? Is milk okay for human consumption? Eggs used to be bad and now they are good? Join the King Soopers dietitian for a discussion on a selection of these nutrition myths and learn the truth! For teens and adults.

Code	R/NR	Day	Time	Date
341307-B	FREE	Wed	6:30-7:30pm	10/9

#### FACT OR FICTION? NUTRITION MYTHS DEBUNKED IS YOUR HOME A TOXIC HOME? WHAT YOU DON'T KNOW CAN HURT YOU.

**Presented by Andrea Lende**  
 Become an educated parent at this free clinic that details specific chemicals and toxins in your home. For example, did you know the toothpaste and baby powder you may be buying could be on the top 12 cancer causing product list? Join us for important information that will improve your health! The Presenter has lived with a serious health condition and has learned how to live a much healthier life. By becoming educated about various toxins/chemicals that we come into contact with every day and eliminating/minimizing exposure to them, she would love to share this information with others so that they, too, can make better choices for their families and live healthier lives.

Code	R/NR	Day	Time	Dates
341307-C	FREE	Wed	6:30-7:30pm	10/23