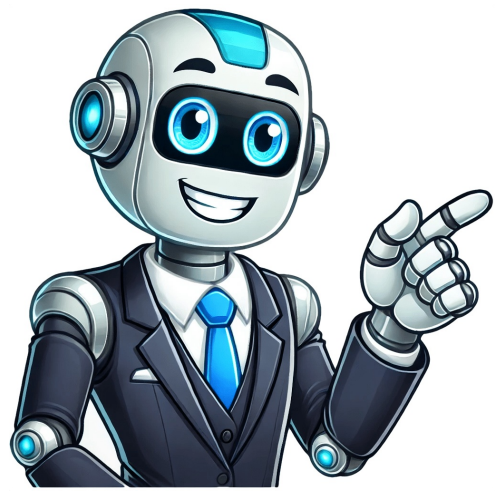


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**Read** the descriptions of our various programs designed to help you become healthier and more fulfilled.Note: All live sessions offered via zoom; sessions are recorded for viewing after the classBasic/ProfessionalConcierge HealthProDevelopmentAnnualPassmembership Dues (First Year)\$99 Renewal \$120\$820\$499 Annual Renewal \$519 \$799 \$995InformedMED Health 101 & 201Live webinars, online videos, Learning Rewards! Earn Income Rewards! Members Website(recipes, cooking classes, etc.) Monthly Live Sessions Office HoursWelfare PT Ask The Therapist CoachConcierge Fresh Shipping orders over \$250 (Condensed U.S. does not include water filtered)HeathBites Articles LibraryPreferred Pricing Conferences & Special Events Monthly Live Conversations with Pam Sessions6 sessions per year22 sessions per year22 sessions per yearAdvanced Study Book(s) monthly live classes & 200 archived videos "Things You Should Know"; monthly live classes, dozens of archived video workshops Concierge Health: planning, consulting, one-on-one appointments Virtual conference ticket (\$259 ) 4 Live bootcamp or classes/yr by Pam: one per quarter (each starting at \$259 ) 1 Business Planning Consultation at least 6 hours live prof development instruction, can apply membership dues to select prof dev programs Includes a textbook, online videos, and regularly scheduled instructional sessions which are held at our office in central Ohio and via live teleconference. Curricula include a review of the science of diet and health, and the skills needed to adopt diet and lifestyle habits consistent with your goals. This course also covers the basics of InforMEDTM healthcare decision-making, including how to have constructive conversations with your doctor about tests, drugs, procedures, and medication reduction or withdrawal.Includes how to find and interview various healthcare providers including doctors, nutritionists, mental health therapists, and physical therapists; how to read basic blood tests, and how to evaluate information and research about diet, health, and medicine. Taught via video platform online.In addition to recipes and other helpful information, you'll have access to a library of over 140 workshops on a variety of topics, ranging from food preparation to cancer treatment.Over 2000 articles, most with references, on hundreds of topics related to diet, health, and medicine. Includes articles from the weekly newsletter. New articles are posted almost every week. Search engine capability: articles can be emailed or downloaded.Eileen Kopsaftis, PT, is a health and pain expert who helps people to resolve their pain issues, return to the things they love doing every day, and regain their quality of life. Eileen presents a new topic at each teleconference session, often with general questions about musculoskeletal health. Kyle Rorabaugh is a licensed counselor who helps clients to resolve psychological issues quickly with present focused approach. During his monthly sessions, you can ask personal questions about psychological health.Want to shift from KNOWING what to do to actually DOING it? Get coaching support, insights and help to make intentional, impactful change with Mary Marshall, BSN, RN, C-Wellcoach.Note: These programs are not available a la carte; they are only available to members based on their membership type (see chart listing membership benefits by category in this catalog). Your annual plan begins with a planning session, during which you will outline your health objectives and develop a plan of action for health improvement. This can be done via telephone or in person. Follow-up appointments will help to keep you on track and making progress toward your goals. You will have unlimited access to email for support as well-live workshops based on important books about health. Conversations With Pam Open Q&A sessions held monthly. All are recorded and made available for 4 weeks. Members can submit questions in advance via email.All Advanced Study and Things You Should Know workshops are filmed and placed on this platform monthly.Almost all videos are available with accompanying PowerPoint slide sets A lecture, slide set, and discussion each month that covers topics ranging from vitamin D to snoring.(new lectures added monthly!)Acid/alkaline Balance Acne/Acupuncture/B12/Candida/Chelation/Cholesterol/CleansesCold Sores/Dental X-rays/Detox Programs/Eczema/Fatigue/Fecal Transplant Fermented Foods Folic Acid/Gluten/H1 Pylori/Hair Health/Headaches/Healing Power of Pets Immune Function/Inflammation/Intermittent Fasting Intestinal Gas/Lindane/Iron Levels/Leaky Gut/Lectins/Macrobiotics Diet/Meditation/Natural Pain Relief/Natural Sleeping Aids/Pancreatic Enzymes/Painkillers Instead of Paleo Protein/Roast Root Canals/Seasonal Affective Disorder/Sinus Infections/Sunlight BenefitsTherapeutics/Triglycerides/Urinary Tract Infections/Warts/Fasting/(new lectures added monthly) Alternative Medicine: Health and Medical Issues Today by Christine Larson, Ph.D. Another Persons Poison A History of Food Allergy by Matthew SmithThe Body Electric Electromagnetism and the Flow of Life Robert O. 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The Sober Truth by Lance Dodes, M.D. and Zachary DodesTheSocial Transformation of American Culture by Paul Giles, Jr.The Story of My Life by Helen MirrenThe Thin Blue Line by Matt Stone and Trey ParkerWhy We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World by Bee WilsonWheat Belly by William Davis, M.D.Whitewashed: The Story of a Weed Killer, Cancer and the Corruption of Science by Carey Gilliam Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker Winston Churchill's Afternoon Nap by Jeremy CampbellMembers living in the Central Ohio area are invited to take advantage of additional services and programs offered at our corporate office, located at 1501 Wilson Bridge Road Suite G, Worthington Ohio. These activities include:Tuesday Night at Wellness Forum Health!Every Tuesday night at 6 PM we feature activities for members and their guests. These include open dinners, movie nights, podcasts, cooking classes, educational programs, and any and everything health-related. Let us know you are coming because we always have something wonderful to eat!/Cooking Classes Wellness Forum Health offers cooking classes designed to make food prep fun, interesting, and creative. Classes range from simple and easy to gourmet cooking,Wine and Dine this popular series is offered several times per year. Participants bring their own wine (or their favorite beverage), the staff prepares and serves a 4-course meal while providing entertaining discourse about the food. Recipes are provided.Workshops and Special Events workshops on a variety of health-related topics, some featuring guest speakers,potluck, movies nights, weekend retreats, and more!Calendars are mailed out to club members every other month; an online calendar can be found on our website at www.wellnessforumhealth.comFresh Prepared FoodsOur deli case is packed with fresh, fabulous plant-based products. New options are introduced regularly but some of our staples are butternut squash ravioli, spicy peanut noodles, an assortment of salads and wraps, Buddha bowls, and more! Stop in or order through Postmates and we'll have your food delivered.In-The-Bag FoodsWe make an extensive line of shelf-stable products which include soups, dips, frozen pizzas, smoothies, and more!All items are prepared daily in our kitchen under strict standards of safety and hygiene so you can enjoy them safely at home.No need to cook anything if you're short on time!Wedding receptions, Menus for these events can be highly customized.Cooking Classes: In addition to the cooking classes which are offered as part of our regular local programming, we offer private/cooking classes, which can be scheduled in our commercial kitchen, in your home or office, or other locations. We can accommodate both small and large groups.To consult with one of our staff or to place an order, please call 614 888-FOOD (3663).We offer a variety of classes including:Basic 26-posture series, 90-minute class. Taught every day, 7 days per week, 365 days per year. Check our online schedule for class timesMeditation and Yin Yoga/Vinyasa classesBoot camp workouts in the hot roomPrivate yoga classes and workouts in the hot room/Our yoga room is kept at 105 degrees, and the humidity is set at 40% in order to promote sweating and detoxification. The heat and humidity contribute greatly to the positive effect. This allows maximum muscle stretch while minimizing the opportunity for injury. Youll also sweat more (this is good for you!), your heart rate will increase (also good for you!), and you'll burn fat (even better!).You can do it! It does take some time to get used to the heat. Your first goal is to get to the place where you can stay in the classroom for the full 90 minutes, and many students frequently sit and rest during their first few classes. This is fine.Students can also learn from observing.Our instructors are trained to teach and correct. Yoga is only beneficial if the poses are done correctly. Teachers frequently demonstrate and walk around the room in order to make corrections. You will receive individual attention during class.We are open 365 days per year, (including holidays). This means that you can take a break whenever you want to go back to work again.You can try yoga free for only \$15, and unlimited yoga is available for only \$100/month (includes taxes)!Both individual sessions and group classes are available at our private gym. We offer programs for everyone, ranging from beginners to advanced practitioners, and even those who may have injuries or chronic conditions. If you have any questions about joining, contact us today!We provide complimentary parking for anyone attending our classes.If you've ever had a bad experience with another fitness studio, don't let that stop you from trying ours! We guarantee you won't regret taking a class here. If you do, we'll refund your money immediately, no questions asked.

We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World by Bee WilsonWheat Belly by William Davis, M.D.Whitewashed: The Story of a Weed Killer, Cancer and the Corruption of Science by Carey Gilliam Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker Winston Churchills Afternoon Nap by Jeremy CampbellMembers living in the Central Ohio area are invited to take advantage of additional services and programs offered at our corporate office, located at 1501 Wilson Bridge Road Suite G, Worthington Ohio. These activities include:Tuesday Night at Wellness Forum Health!Every Tuesday night at 6 PM we feature activities for members and their guests. These include open dinners, movie nights, podcasts, cooking classes, educational programs, and any and everything health-related. Let us know you are coming because we always have something wonderful to eat!/Cooking Classes Wellness Forum Health offers cooking classes designed to make food prep fun, interesting, and creative. Classes range from simple and easy to gourmet cooking,Wine and Dine this popular series is offered several times per year. Participants bring their own wine (or their favorite beverage), the staff prepares and serves a 4-course meal while providing entertaining discourse about the food. Recipes are provided.Workshops and Special Events workshops on a variety of health-related topics, some featuring guest speakers,potluck, movies nights, weekend retreats, and more!Calendars are mailed out to club members every other month; an online calendar can be found on our website at www.wellnessforumhealth.comFresh Prepared FoodsOur deli case is packed with fresh, fabulous plant-based products. New options are introduced regularly but some of our staples are butternut squash ravioli, spicy peanut noodles, an assortment of salads and wraps, Buddha bowls, and more! Stop in or order through Postmates and we'll have your food delivered.In-The-Bag FoodsWe make an extensive line of shelf-stable products which include soups, dips, frozen pizzas, smoothies, and more!All items are prepared daily in our kitchen under strict standards of safety and hygiene so you can enjoy them safely at home.No need to cook anything if you're short on time!Wedding receptions, Menus for these events can be highly customized.Cooking Classes: In addition to the cooking classes which are offered as part of our regular local programming, we offer private/cooking classes, which can be scheduled in our commercial kitchen, in your home or office, or other locations. We can accommodate both small and large groups.To consult with one of our staff or to place an order, please call 614 888-FOOD (3663).

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To enter, post a comment below stating why you would like to win this prize package. Entries close Friday, November 1st, 2019 at 11:59PM EST. Winner selected randomly by random.org. Odds of winning approximately 1 in 1000.  
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