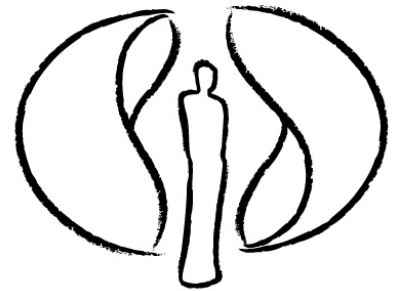


January

Seminars at IHI



ATTENTION ALL SKIERS – a Unique Opportunity

All. I. Can. Film Screening & a Personal Functional Movement Screen (FMS)

Information for the mind, inspiration for the spirit and movement for the body

Saturday January 21st 12pm - 3:00pm

Workshop Presenter: Dr. Marc Bubbs ND

Fee: Complimentary

Gray Cook, a world-renowned physiotherapist, developed the Functional Movement Screen (FMS). Cook is an expert who regularly consults with professional ski teams and sports organizations across the globe. The FMS is used to improve performance and reduce injury by assessing an individual's movement patterns and highlighting weaknesses in the body. Identified weaknesses will effect your performance when skiing or during pre-season training. Once corrected, identifying injuries with the FMS will help reduce the likelihood of injury, decrease pain and help you perform at your best. With your FMS score, Dr. Bubbs can track your progress and identify specific exercises that will be most effective in restoring proper movement and building strength.

Need some inspiration? Join us after the lecture for a private screening of All.I.Can. By Sherpa Cinemas. All.I.Can is a feature film that was two years in the making. The film fuses a passion for riding and exploring the mountains with a potential to help the environment. The film strives to unite global mountain culture and bind us together as the leaders of a revolution.

<http://vimeo.com/16442800>

<http://www.meetup.com/Integrative-Medicine/events/46542642/>

Modern Meditation with Michael Apollo: a Half-Day Workshop

Sunday January 22nd 10am – 2pm

Fee: \$60 + HST

Trying to find the time to learn the basics of meditation? Listen-Up!!

This workshop will explore mindfulness meditation practices, Zen, Tibetan and absorptive meditative techniques. Experience based teachings for stress reduction, deep awareness of the present moment and an introduction to understanding how to balance the mind and refine attention will also be taught. There will be a short break for lunch.

The Guided Mindfulness Meditation CD is included in the workshop fee.

<http://www.modernmeditation.ca/about/>

<http://www.meetup.com/Integrative-Medicine/events/46543552/>

Please call in advance to register, space is limited 416-260-6038
Follow our seminars at www.meetup.com/Integrative-Medicine

Integrative Health Institute | 46 Sherbourne Street, 2nd Floor
www.integrativehealthinstitute.ca
416 260 6038



Infant CPR

Friday January 27th 5:00pm- 8:00pm

Fee: \$50 + HST

A must class for new and experienced parents alike! You never know when you may be faced with an emergency and knowing what to do in that situation can create great ease of mind for any parent or caregiver.

A Red Cross certified instructor with over 10 years of experience teaches the infant CPR course offered at IHI. The class has been designed to specifically focus on infant and child related emergencies and extra time is allotted to review and master the unique skills required to perform lifesaving techniques on this population.

Given the intensive focus on child and infant emergency care, this is not a course that will result in standardized certification. If certification is desired, private certification courses can be arranged. Babies are welcome, but do not need to be present at the course.

<http://www.meetup.com/Integrative-Medicine/events/46544222/>

Do You Suffer From Low Testosterone?

IHI's Mens Health Series with Dr. Marc Bubbs

Saturday January 28th 12pm -1pm

Fee: \$5

MEN!! Have you misplaced your libido, are you feeling fatigued, gaining body fat or losing your muscle mass? While you may not want to talk about it, the fact is, you may be aging faster than necessary. You can turn back the clock on andropause (also known as male menopause, middle age fatigue or a red Porsche) with just a few small, strategic steps. Improving your hormone balance doesn't have to be complicated and isn't just for women.

Talk to our men's health expert, Dr. Marc Bubbs, as he covers everything from sex & metabolism to simple steps that target your belly fat. Out smart your DNA! Not only can you feel great. but balancing hormones will also decrease your risk for heart disease and improve your quality of life.

<http://www.meetup.com/Integrative-Medicine/events/46544652/>