



LezCruz brings you the second in the learning and living series. Come join us on October 24th at the Cayuga Vault for an afternoon dedicated to health and wellbeing especially designed for LezCruz and friends.

Come dressed comfortably and sit among friends and other women from our community for a relaxed afternoon with two educational workshops and a nice energetic finale.

Saturday, October 24, 2009

1:00 – 4:00PM

Cayuga Vault, Soquel Ave., Santa Cruz, CA

Donation of \$10 requested (no one will be turned away) Doors open/registration at 12:30PM

Diet and Good Nutrition-Simple Enough?

It's easy to buy into some pretty popular nutrition misconceptions -- myths and half-truths that ultimately find us making far fewer healthier food choices than we realize.

Are you fed up with fads? Do you want a diet that can provide health, wellbeing and a lifetime of effective weight control, and proactive plan to stay healthy and avoid diseases related to poor nutrition such as diabetes, bowel disorders, and cardiac disease? If so, come listen to some research facts, great and simple tips on how to think smart, eat well, and stay on track for a lifetime of successful—and safe—weight and health management.

Marilyn Bernstein Mariposa, L. Ac, Licensed Acupuncturist

Beth Schatzman RD, CDE, Registered Dietitian, Certified Diabetes Educator

Bio-identical Hormones (BH) and Menopause

Separating Facts from Fiction

Hormone replacement is a huge topic and the jury is still out on the most controversial area which is the use of estrogen and progesterone replacement during the menopausal transition.

Current thinking says it is appropriate to consider hormone therapy for menopausal symptoms (hot flashes, insomnia, cognitive/memory decline, mood changes) that don't respond to other measures, osteoporosis or urogenital symptoms (vaginal dryness, increased vaginal or urinary tract infections or stress incontinence).

The debate continues regarding the benefits and risks of hormones on heart health and breast cancer.

As a Naturopathic Doctor (the only practitioners trained in the use of bio-identical hormones (BH) during their medical education), Dr. Shunney has been studying and prescribing BH for 12 years, and spending just as much time trying to explain why they are, in most cases, a better choice than conventional hormones (CH). Information available about BH (and hormone therapy in general) is confusing at best, and often misleading. Get answers to most common questions about hormone replacement and BH.

Dr. Shunney will also review non-hormonal recommendations for hormone balance including dietary and lifestyle choices, nutritional supplements and herbal medicine

Aimée Gould Shunney, ND

Licensed Naturopathic Doctor

Zumba®

We want to leave you energized at the end of the day. We all know how exercise is important and how it revitalizes us, how it is good for our cardio-vascular system and how it prevents disease. But... there are a lot of buts, excuses like, I have no time, no energy; I don't like gyms, I hate working out, etc. Well, it is hard to make excuses once you attend a Zumba fitness session.

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!

There are classes scheduled regularly all over Santa Cruz County. Try it!

Nicola Walker-Chargin, Zumba Instructor