Wellness Forum Speakers

Classes and Workshops

The following workshops are offered by Pamela A. Popper, Ph.D., N.D.:

- Improving Health Outcomes by Improving Diet and Lifestyle
- Improving Academic Performance and Behavior in Children
- Children's Health
- School Nutrition
- Women's Health
- Osteoporosis
- Weight Loss
- The Consumer's Guide to Evaluating Health Information and Research
- Autism
- Understanding Alternative Medicine: Learning About New Practices
- Cancer Prevention and Treatment
- Preventing and Reversing Heart Disease
- Diabetes
- Autoimmune Diseases
- Gastrointestinal Disorders
- Reversing Aging
- Attention Deficit Disorder
- Politics and Health
- Dietary Myths
- Dispelling Medical Myths that Affect Your Future
- Depression, Anxiety and other Related Disorders
- An Introduction to Health and Wellness through Diet and Lifestyle Improvement (note: this is a 3-hour program)

Don't see the topic you are interested in on this list? Just ask – we can create a workshop for you! Call 614 841-7700.