The Art and Science of Alternative/Complementary Medicine
OLLI South Winter 2019

**January 15:** Healing Touch, Reiki and more

**Megan Reilly Koepsell** has lived in Highlands Ranch for over 20 years. Megan is a Registered Nurse, a Healing Touch Certified Practitioner, a Reiki Level III Practitioner, is certified in Mind-Body Medicine, and also holds a certificate in Holistic Health Nursing. She teaches meditation at an oncology rehab clinic in the Metro Denver area, has a Healing Touch practice out of her home, and owns a travel business leading meditation trips to spiritual places in Scotland and Ireland. Megan loves health education and teaching people ways they can improve their health. She looks forward to sharing about Energy Healing Modalities with OLLI participants.

**January 22:** Meditation and Mindfulness.

**Tony Morgan** is an experienced meditation practitioner, has taught many OLLI classes and is happy to share his expertise in relaxation, Mind/Body health and Meditation.

**January 29:** Physical Therapy.

**Rebecca Campbell PT, DPT.** Rebecca graduated with her Doctorate in Physical Therapy from the University of Colorado Denver Anschutz Medical Campus and with her B.S. from The University of Texas at Austin. Prior to medical school she worked with children with developmental differences which inspired her holistic yet evidence-based approach to patient care.
February 5: Pain Relief through acupuncture and other alternative therapies.

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years, also teaching classes in Tai Chi, Qigong and Traditional Chinese Medicine at the University of Colorado Health Sciences Center, Metropolitan State College of Denver and currently teaches Tai Chi and Qigong at the Colorado School of Traditional Chinese Medicine. Joe wrote many articles on healthy aging for the Rocky Mountain News and has presented at many scientific conferences and has lectured and presented research at Harvard Medical School’s Osher Institute for Integrative Medicine, Oxford Union Debating Hall and Harris Manchester College, Oxford University U.K.

February 12: CRISPR and gene editing.

Pat Gibson, PhD got her undergraduate degree in Biology at Iowa State University and her PhD from the University of Illinois in Population Biology (a combination of population genetics and ecology) in the ecology program. She has taught Environmental Biology at Cal State Dominguez Hills.

February 19: Herbs and Health

Jerald Foote, RD, PhD, CSSD is an assistant professor at MSU Denver. He has extensive knowledge and experience in herbal Medicine. He is a registered dietitian. Jerry will present an informative and balance approach to the use of herbs.

February 26: Living Longer and Happier with Lifestyle Medicine

Dr. Warwick’s presentation is largely based on Dr. Dean Ornish's recent book, "Undo It," His recommendations are based on his well-documented research over the past 30 years.

Why live longer? What to believe:/Who to believe?--unraveling the confusion in lifestyle medicine. Genetics and Epigenetics in health and disease--you are not the victim of your genes! Microbiome, Four pillars of lifestyle medicine: Eat well: whole food, plant based nutrition with limited salt, sugar, fat, processed foods, Stress less: meditation, yoga, etc. (including a brief practice session), Move more: exercise types and recommendations, Love more: importance of social connections on health and wellness. FAQ's re plant-based nutrition: How much protein? Are carbs good or bad? Good vs bad fats, Fiber, Calcium, Obesity/weight loss Lifestyle medicine and cognition, based on the book, "The Alzheimer's Cure"

What now?

Dr. David Warrick is a retired physician who received his undergraduate degree from Duke University, then graduated from the University of Toledo School of Medicine. He completed a residency in Internal Medicine at Presbyterian Medical Center in Denver, then practiced primary care Internal Medicine in Topeka, KS for over 30 years before returning to the Denver area in 2011, where he practiced Geriatric Medicine until retiring in 2014.
March 4: Your Best Aging

Want to feel confident about getting older? Learn how to identify and improve four controllable components that impact your quality of life as you age. Adult Exercise Specialist, Patty Bisbee, will present exercise-based, research-backed recommendations to show you how to take control of your aging and how to remain independent as long as possible. It’s never too late to begin the journey to better health, better aging, and better fitness!

Patty Bisbee, B.S., ACSM EP-C, EIM2, NASM CES, FPS. Arapahoe Community College Fitness Center Professional Staff, Instructor, and Functional Movement Coach & Trainer

- B.S. Adult Fitness and Exercise Science, Metropolitan State University of Denver

Certifications/Specialty Training:

- American College of Sports Medicine Certified Exercise Physiologist
- American College of Sports Medicine Certified Exercise is Medicine, Level 2
- National Academy of Sports Medicine Certified Corrective Exercise Specialist
- Consortium for Older Adult Wellness Certified Community Falls Prevention Specialist
- American Red Cross CPR/AED/First Aid

March 4: Understanding medical research where we get our information and what to believe in this crazy time of social media. Music therapy Video from Oliver Sacks and wrap-up.

Anne Bennett, RD, MPH is a registered dietitian and has worked in the field of public health for over 30 years. Anne has seen nutrition evolve over the years as have other alternative forms of medicine. She is interested in all aspects of health. Her motto is, “DO NO Harm.” This last class will wrap-up what was covered during the term and will offer time for discussion and questions.