



Exploring CAM: Complementary and Alternative Medicine

Saturday, March 7, 1- 4 pm

Main Library Meeting Room 2AB

Join us for an overview of the uses of complementary and alternative medicine from a variety of disciplines. The great range of CAM means there will be considerable diversity of therapies and philosophies. Our speakers will help you discern:

- The value of these therapies
- How they can complement standard medical care
- What is best suited for particular conditions



1 pm- Licensed Professional Clinical Counselor Linda Popp will explore the process of medical hypnosis and how it can enhance your health outcomes



2 pm- Licensed Professional Clinical Counselor Maryann Mathai will explain how Eye Movement Desensitization and Reprocessing can be applied to a broad range of issues including trauma, anxieties, depression, body dysmorphia, grief, phobias, and OCD.



3 pm- Licensed Music Therapist Ellen Antes will illustrate how Music Therapy can be used to assist with treatment for a number of ailments, both physical and mental, as well as how to use Music Therapy to make everyday life a little bit better.

Register online, in person, or by phone.

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**MAIN
LIBRARY**

Akron-Summit County Public Library
Science & Technology Division
60 S. High St., Akron, OH 44326
330.643.9075
akronlibrary.org