

# Exploring CAM:

Complementary and Alternative Medicine

Saturday, January 6, 2018

10:30 am – 1:45 pm

Main Library Meeting Room 2AB

Join us for an informative 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. Let our speakers help discern the value of these therapies and what is best suited for particular conditions.



*Complete Schedule on back*

**10:30 am**-Dr. Tara Scott, MD, Medical Director of Integrative Medicine at Summa Health will explore how CAM might enhance your healthy lifestyle.



**11:30 am**-Functional Dietician Kylene Bogden will look at using food as medicine to significantly improve patient health outcomes.



**Noon**-Pharmacist Caitlin Morgan, RPh, will examine the de-prescribing of medicine and how to get people off some of their many prescriptions.



## **BREAK**

**12:45 pm**-Chiropractor Dr. Leo Kormanik, will look at dry needling as a complementary or alternative method of pain management.



**1:15 pm**-Music Therapist Bonnie Hayhurst, MT-BC, will demonstrate how music therapy is used within therapeutic relationships to address physical, psychological and cognitive needs.



*Please contact the Science & Technology Division to reserve your spot at 330-643-9075 or [stdiv@akronlibrary.org](mailto:stdiv@akronlibrary.org).*

*Free parking is available on Saturdays.*



**330-643-9075**

**Akron-Summit County  
Public Library**

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