

Asian Health Expo Agenda

Henry Ford West Bloomfield Hospital
Demonstration Kitchen

Saturday, March 25, 2017
9:30 a.m. – 2 p.m.

9:30 – 10:30 p.m.	Brain Storm – A Workout for the Mind Interactive presentation that teaches about brain basics while challenging you to replace old routines with fresh pursuits	Dona MacDonald, M.A., Cheryl Deep, M.A.
10:35 – 11:05 a.m.	Evolution of Modern Day Joint Replacement Joint disease have troubled people since the ancient times. Learn about new technology and what may be right for you.	Jason Davis, M.D.
11:10 – 11:40 a.m.	Medication Management Simple Strategies to manage your medication, poly pharmacy and how to take the lead on taking better care of your health by asking the right provider the right questions	Wessam Yousef RPh
11:45 a.m. – 12:30 p.m.	Anti-Inflammatory Foods Cooking Demo Nutrition and food education, featuring a chef and registered dietitian.	David Schwartz, RD
12:35 – 1:05 p.m.	Healthy Aging – All You Want to Know Know how to talk to your doctor, health signs you should watch for, general aging information, and a question/ answer portion with the doctor.	Yahya Murad, M.D.
1:10 – 1:40 p.m.	Seated Yoga and Meditation Balancing mind body and spirit.	Julie Levinson, ERYT
1:45 – 2 p.m.	Essential Oils 101 Learn how essential oils can benefit your everyday life. We will explain how to use oils to relieve stress, anxiety, headaches, allergies and more!	Debbie Burns, Manager of Vita wellness center
2:00 – 2:15 p.m.	Tai-chi for arthritis & fall Prevention Evidence-based exercise.	Janilla Lee, Ph.D.
