



Total Body Tune-Up Seminar Series

"No matter how old you are or what your current state of health is, you can take steps to help your body function better. You can work better, feel better, look better — all by taking some basic steps to help your body maintain its optimal homeostasis." -- Dr. Michael Murray, ND from Dr. Murray's Total Body Tune-up

Seminar Information

Week	Date	Tune-Up Topic	Speaker
1	Mar 2	Digestive System	Tara Clapp, ND
2	Mar 9	Detoxification System	Elly Jenkyns, ND
3	Mar 16	Weight/Metabolism	Joanna Cielen, RHN
4	Mar 23	Immune System	TBA
5	Mar 30	Cardiovascular System	Michael Prytula, ND
6	Apr 6	Brain, Nerves & Senses	Edie Pett, DT
7	Apr 13	Bones, Joints & Muscles	C. De Silva Piques, DO
8	Apr 20	Skin & Hair	Ana Lara, ND
9	Apr 27	Women's Health	Elly Jenkyns, ND
10	May 4	Men's Health	Mike Um, ND

Please note:

- All sessions are on Tuesday evenings and begin at 7:00pm sharp.
- Doors will open for seating at 6:45pm.
- Following the presentations, our checkout will be open for your convenience until 8:45pm.
- We will try to accommodate those with hearing/vision limitations with seating closer to the front - please inform us of any needs.
- Please ensure cell phone ringers are off/not audible so as not to disturb the presentations.
- Missed single seminars are not refundable. If circumstances change early in the series, we may refund part of series fee at our discretion.
- In the case that a session must be cancelled for any reason, we will re-schedule after May 4th and inform you of the new date.

About the Speakers



Joanna Cielen, RHN **Body & Soul Consulting** **(905) 324-7086**
A professor at Niagara College, a personal trainer and a holistic nutritionist, Joanna Cielen is a dynamic presenter who inspires and educates. She holds a Master of Education degree with a special interest in body image education and nutrition. With over 15 years in the wellness industry working with individuals, families and corporations, Joanna has a keen sense for building successful programs and has been designing nutritional protocols for Olympic, professional, competitive and recreational athletes.



Tara Clapp, ND **Integrated Health Care** **(905) 988-9160**
Tara Clapp studied at the Canadian College of Naturopathic Medicine and has been practising in St Catharines since 2000. She also teaches courses in natural health for Continuing Education at Brock University. For Tara, being a naturopath is a rewarding experience, having a part in people's transformation and realization of their health potential. Her clinic, located on Martindale Road also offers massage therapy, family counselling, shiatsu, colon hydrotherapy, reflexology, Reiki and infrared sauna.



C. De Silva Piques, DO **Vital Link Wellness** **(289) 235-8200**
Over 20 years in the health and wellness field has given Carole De Silva Piques a wide range of knowledge and experience. Working early in aerobics and personal training ignited a keen interest in human anatomy that has continued to grow. After four years as a registered massage therapist, Carole studied to receive her doctorate in osteopathy, a manual therapy used to treat muscular and skeletal problems, as well as many other functional disorders of the body. Carole practises in Grimsby.



Elly Jenkyns, ND **Reclaim Counselling** **(905) 346-2014**
After completing a BSc at Brock University, Elly Jenkyns enrolled in the four-year, full-time course at the Canadian College of Naturopathic Medicine to become a licensed naturopathic doctor. At her practises in St Catharines and Grimsby, Elly works with patients to support and stimulate the body's innate healing potential, using a variety of therapies including clinical nutrition, botanical medicine, stress management and lifestyle counselling. Recently, Elly completed certification in Environmental Medicine.



Ana G. Lara, ND **Naturopathic Clinic** **(905) 682-9636**
Ana has been involved in health and wellness for over 15 years, beginning with a degree in biochemistry. After a four-year post graduate program in naturopathic medicine, she chose to return to her home town of St. Catharines to set up her Queen St. clinic. Ana focuses on the main pillars that make up day to day health: diet and digestion, energy, sleep, mood and sense of well being. She has particular interest in dermatology and gastroenterology, and has also worked alongside midwives in pre/post natal care.



Edie Pett, DT, DC **(905) 682-9636**
At her Fonthill practise, Edie Pett assesses the whole person to discover the cause of imbalances that have created a state of dis-ease. She draws upon over 25 years of experience to assist individuals in recovering their inherent vitality and innate health through a varied approach of integrating the Body, Mind and Spirit. A Drugless Therapist and Chiropractor, Edie's passion for learning has taken her around the world to further her studies and enhance her understanding of the human condition.



Michael Prytula, ND **NaturoMedic.com** **(905) 684-4934**
Michael has been practising since 1988 after graduating from the Canadian College of Naturopathic Medicine, where he also taught from 1990 to 1993. He is the owner and director of NaturoMedic.com, a St Catharines clinic offering a wide variety of assessments and treatments, including IV chelation therapy. Always adding to his training and experience, Michael has studied in Canada and abroad with dozens of health experts, and has researched and created courses now in use by provincial naturopathy schools.



Mike Um, ND **NaturoMedic.com** **(905) 684-4934**
Mike graduated from the University of Toronto in 1998 with an Honours degree in the Human Biology Specialist program. As an undergraduate, he worked on Multiple Sclerosis research with a team at the Hospital for Sick Kids. Afterwards, Mike attended the Canadian College of Naturopathic Medicine where he had the opportunity to work at off-site clinics offering free services to the aboriginal community and HIV positive patients. Mike now practises alongside Michael Prytula at NaturoMedic.com in St Catharines.