

March 7, 2010

For Immediate Release

## **Health Medicine Forum presents: “Community: It Takes A Village” at the Leshher Center for the Arts**

Walnut Creek, Calif. – Health Medicine Forum (HMF) hosts “Community: It Takes A Village”, the 8th event of the Rethinking Wellness Series, at the Leshher Center for the Arts in Walnut Creek on Tuesday, March 30th. Event begins at 7:15 p.m. Opportunity to network and meet the speakers before and after the event.

Reframing our focus from curing disease to creating health results in building healthy communities. Learn about the “Connection – Appreciation – Collaboration” formula for enriching community. Shift from “me” to “we” and take home strategies for refocusing from hyper-individualism to interconnectedness. Engage in a discussion about how to develop independence and cooperation in healthy communities, as well as the effects of social influences toward a healthy lifestyle. Come together for an evening of strengthening our social bonds.

### **Paula Szloboda, R.N., N.I., M.A., M.B.A, therapeutic chef:**

Paula is core faculty member at John F. Kennedy University and teaches Integrative Health, Physiology and Psychology of Stress, Healthcare, Economics and Politics, Applied Nutritional Biochemistry and Nutritional Consulting, among other classes. She serves on the nutrition advisory board for Wellness City Challenge of Walnut Creek and works with WCC founder, Cindy Gershen, to develop health and nutrition programs for schools, hospitals and restaurants in Contra Costa County. With a strong commitment to service, Paula has been building healthy communities for 32 years.

### **Ofer Erez:**

Ofer grew up on a Kibbutz in Israel and is intimately familiar with all its aspects of community living. He is the founder of a private school for children, located in Concord, where community is of primary importance and influence. Ofer also specializes in Healing Through Movement. He is the founder of several Sugi Healing Arts including Sugi Yoga<sup>®</sup>, Sugi Touch<sup>™</sup> and Sugi Fitness<sup>™</sup>. Ofer is the head trainer at the Sugi School of Health and Fitness. He currently works privately with individuals and conducts workshops and professional training.

### **Moderator – Geoffrey Marx, NC:**

Geoffrey is a Certified Nutrition Consultant and Educator. He is a graduate of Bauman College in Berkeley, Ca., and holds a Bachelor’s Degree from San Francisco State University. He is the president of the Health Medicine Forum, and the staff nutrition consultant at the Health Medicine Center in Walnut Creek. Geoffrey is committed to raising preventive health consciousness in our disease-promoting culture through word, thought and deed.

### Tickets

\$5 Students and Seniors; \$10 Health Medicine Forum members\*  
Non-HMF Members: \$15 Advance; \$20 at the door

Tickets may be purchased at the box office, over the phone or on the [Leshher Center website](#):  
Or call the Leshher Center Box Office: 925-943-7469 (925-943-SHOW)

*\*HMF members can purchase tickets at the box office or over the phone.*

**Member codeword must be used for member discount.** Join HMF online or at the event.

*The Health Medicine Forum is a nonprofit educational foundation of healthcare providers and community leaders dedicated to producing educational events, certification programs, Integral Healing Groups and to the advancement of Integral Health Medicine which is based on integrative, holistic, preventive, person-centered care.*

For more information about HMF: Media contact: Geoffrey Marx, HMF President  
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