



The Elim Park Health Care Team invites you to join us for the
**2017 Elim Park Health & Wellness
 Summer/Autumn Lectureship Series**



Thursday, August 17, 2017

“Nutrition and the Use of Supplements for Overall Health”

Anu Walaliyadda, MD • *Managing Partner, West Haven Medical Group*

Thursday, September 21, 2017

“Connecting Knowledge of Dementia to the Care Plan”

Lori Stevic-Rust, PhD, ABPP • *Certified Clinical Health Psychologist, Sodexo*



Thursday, October 26, 2017

“Wellness and Poly-Pharmacy in the Elderly Population”

Lauren Leo, RPh • *Consultant Pharmacist, Omnicare*

Thursday, November 16, 2017

“Spirituality and Mental Health”

Charles C Dike, FRCPsych, MBChB, MPH • *Assistant Professor of Psychiatry, Yale School of Medicine*



Thursday, December 21, 2017

“Coping with Holiday Stress”

Michele Kieras, LCSW, CDP, CADDCT • *Dir, of Social Work and Facility Education, CT Mental Health Specialists*



150 Cook Hill Rd
 Cheshire, CT
203.272.3547
elimpark.org

Lectures at 2pm in Nelson Hall
 Meet & greet with refreshments
 to follow each lecture

**FREE
 EVENTS!**