

The Women's Mid-Life Health Program is so excited to be able to present a fall forum called "Eating Your Way to Health". October 22, 2015 7:00-9:00 at McClure United Church, 4025 Taylor Street East, Saskatoon. We have two great speakers scheduled to address our audience.

Dr. Louise Gagne is a family physician and an Integrative Medicine practitioner. She is a faculty member at the Center for Integrative Medicine at the U of S. She completed a 2-year fellowship in integrative medicine through the University of Arizona in 2004. She teaches a nutrition course to first year medical students as well as she is an educator of integrative medicine at the College of Medicine. During the evening with us Dr. Gagne is going to discuss how common digestive symptoms and some chronic illnesses are related to the bacteria in your gut, called your micro biome. She will explore ways to identify what is happening to you and what you need to do to help your gut heal.

Dr. Joe Schnurr is a family physician who has studied and practices integrative and functional medicine. He has a special interest in helping people deal with cancer. Functional medicine is a science-based, personalized medicine that deals with primary prevention and addressing the underlying causes of chronic illness. He actually is a co-founder and former Medical Director of the Centre of Integrative Medicine in the College of Medicine at the U of S. He spent 2 years leading the Kelowna branch of InspireHealth, a partially government-funded integrative cancer care center with several locations in BC. He continues to be an educator in areas of primary prevention, chronic illness, integrative cancer care and integrative and environmental medicine both within the College of Medicine as well as within the community. We are so happy he will also be joining us on October 22.

Dr. Schnurr will talk about how to eat well to improve your health going through cancer treatments and how to achieve a better outcome by improving your diet and lifestyle. His expertise will help us sort through the information and often misinformation that can overwhelm us after a diagnosis such as cancer.

Both Dr. Gagne and Dr. Schnurr are leaders in their fields. We are fortunate to have them practicing here in Saskatoon. After their presentations there will be an opportunity for question and answer.

We are grateful to our sponsors also. Diane Ng from the Canadian Cancer Society will also be available to share and discuss resources for dealing with cancer.

We have received support for this event from the wonderful women who are famous for their cookbook series "The Breast of Friends". Their latest cookbook, Breast Friends Inspire Health "will help teach people the importance of food choices in preventing or battling cancer and make delicious, easy recipes available following those guidelines. ...the proceeds will be donated to cancer initiatives across the country." We are so thankful they are supporting this forum!

This forum is free to the public and everyone is welcome. Registration not required.