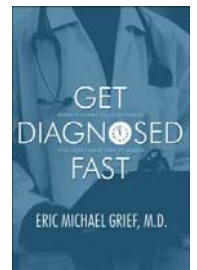




How to Talk to Your Doctor

A Talk & Discussion by a Medical Doctor



Join us to learn some strategies to get results fast, from the other side of the fence. The talk is based on Dr. Eric Grief's recently published book "Get Diagnosed Fast" Learn to talk to your doctor with an organized plan, assertively and honestly.

We will precede the talk by a fascinating role-play exercise to be conducted by Brian Bauml to help you discover what truly blocks you from having a beneficial conversation with your doctor about your health. Get your lab coats and stethoscopes; it's time to play doctor!

**Network with your peers, health practitioners and
relish some holistic food, prepared by Holistic Cooking Academy**

Presenters



Eric M. Grief, M.D. is staff physician at The Bramalea Health Center and medical director for an international weight-loss company centered in Toronto, Canada. His research interests include preventive medicine, family counseling and nutrition education. He offers communication improvement seminars and a website (www.MDrapp.ca) to enhance communication skills.

Brian Bauml is a Gestalt Psychotherapist, practicing in Leslieville, dealing (individually and in Group) with multiple psychological conditions, such as depression, anxiety, addiction and ADHD, grief, divorce, etc. He also deals with those who want to really accelerate their own self-improvement and personal growth.



Date and Time

Tuesday March 9, 2010 at 6 pm

Location

Holistic Cooking Academy of Canada, 34 May Avenue, Richmond Hill, L3T 3M9
Two blocks south of Major McKenzie, west of Yonge.

<http://www.holistic-cooking.com/>



Details & Registration

<http://www.meetup.com/Healing-Food-Institute/calendar/12612578/>

Your Investment

Your investment- \$20, which includes holistic food prepared by Holistic Cooking Academy
Please R.S.V.P. at <http://www.meetup.com/Healing-Food-Institute/calendar/12612578/>

Healing Food Institute is an educational not-for-profit community group established to discover the healing power of food. It aims to cultivate and nurture an awareness of healthy foods and healthy life styles so that you can be free from dis-eases. Details: <http://healing-food-institute.org>

Join us and profile yourself at: <http://www.meetup.com/Healing-Food-Institute>

For more information, send an email to Max Haroon, Founder, Healing Food Institute
founder@maxharoon.org or phone 416-891-4937 (leave a message).