

2010 YNC Class/Lecture Schedule

(Classes to be taken in series are color-coded)

NOTE: Due to emergencies and other circumstances, we may occasionally change class times, dates, and topics. If you are pre-registered for a class or lecture, we will notify you of any changes. If a class does not require pre-registration, check the web site before attending to make sure you have the most current information.

Date		Class	Time	Cost	Location	Description
APRIL	1 (THU)	Posture & Pain Relief Series (April 1, 8, 15, 22,29)	6-7:30 pm	\$125/Series	YNC Annex	Chronic postural stress can result in compensation leading to rapid joint wear and tear, inflammation, arthritis, stiffness, and pain. Posture also influences respiration, heart function, nervous system function, and overall health. Using techniques including the Egoscue Method of pain control through stretching and "E-cises," Dr. Pat Holl explains how postural problems can be corrected to achieve pain-free living.
	3 (SAT)	Hormone Balance for Men & Women	1-2:30 pm	FREE	YNC Annex	Have you ever wondered if your hormones are balanced? Just not feeling right? Symptoms of hormone imbalances are: menstrual disturbances, irritability, anxiety, depression, weight gain, acne, prostate enlargement, loss of muscle mass, and more! Come to this lecture by Dr. Deborah Angersbach to discover more about how the balance of hormones may be affecting your health, and what you can do about it.
	8 (THU)	Posture & Pain Relief Series (April 1, 8, 15, 22, 29)	6-7:30 pm	\$125/Series	YNC Annex	See description for April 1 class.
	8 (THU)	Spring Detox Series (April 8, 15, 22)		Price varies, call for info	YNC Annex	Introduction to detoxification process and monitoring of patient progress. Requires referral by YNC physician and pre-registration.
	14 (WED)	Posture Workshop Series (April 14, 21, 28; May 5 & 12)	Noon - 1:30 pm	\$100/Series	Wellness Approach Fitness Center, 810 N. Broadway, Red Lodge	See description for April 1 Posture & Pain Relief Series
	15 (THU)	Posture & Pain Relief Series (April 1, 8, 15, 22, 29)		\$125/Series	YNC Annex	See description for April 1 class.
	15 (THU)	Spring Detox Series (April 8, 15, 22)		Price varies, call for info	YNC Annex	See description for April 8 class.
	21 (WED)	Posture Workshop Series (April 14, 21, 28; May 5 & 12)	Noon - 1:30 pm	\$100/Series	Wellness Approach Fitness Center, 810 N. Broadway, Red Lodge	See description for April 1 Posture & Pain Relief Series
	22 (THU)	Posture & Pain Relief Series (April 1, 8, 15, 22, 29)	6-7:30 pm	\$125/Series	YNC Annex	See description for April 1 class.
	22 (THU)	Spring Detox Series (April 8, 15, 22)	6-7 pm	Price varies, call for info	YNC Annex	See description for April 8 class.

	28 (WED)	Posture Workshop Series (April 14, 21, 28; May 5 & 12)	Noon - 1:30 pm	\$100/Series	Wellness Approach Fitness Center, 810 N. Broadway, Red Lodge	See description for April 1 Posture & Pain Relief Series
	29 (THU)	Posture & Pain Relief Series (April 1, 8, 15, 22, 29)	6-7:30 pm	\$125/Series	YNC Annex	See description for April 1 class.
MAY	5 (WED)	Posture Workshop Series (April 14, 21, 28; May 5 & 12)	Noon - 1:30 pm	\$100/Series	Wellness Approach Fitness Center, 810 N. Broadway, Red Lodge	See description for April 1 Posture & Pain Relief Series
	12 (WED)	Posture Workshop Series (April 14, 21, 28; May 5 & 12)	Noon - 1:30 pm	\$100/Series	Wellness Approach Fitness Center, 810 N. Broadway, Red Lodge	See description for April 1 Posture & Pain Relief Series
	13 (THU)	Wellness	6-7:30 pm	Patients, FREE; guests, \$15; \$5 for wellness book	YNC Annex	Wellness is a sense of wholeness that moves us forward in the world with potential for greatness. What can you do to enhance wellness in your life and have a sense of wellness more often? Our Naturopathic Doctor will review the fundamental principles of health and wellness and discusses actions you can take every day to feel better and live more fully.
	19 (WED)	Energy, Metabolism, and Weight Loss	6-7 pm	FREE	Good Earth Market at 3024 2 nd Avenue North	Low energy, sluggish metabolism, and weight gain are some of the most common problems seen by doctors in family practice. At this lecture, Dr. Angersbach will discuss the imbalances that contribute to these symptoms, including thyroid and adrenal function, mitochondrial energy production, toxin accumulation, and dietary imbalances. You'll learn what lab tests are helpful in determining where the problem lies, and what you can do right away to jump-start your metabolism.
	24 (MON)	Introduction to hCG Weight Loss	12-1 pm	FREE	YNC Annex	In this exciting class, learn how the naturally occurring pregnancy hormone hCG can be used for rapid, safe weight loss. Approaching excess weight as a metabolic disorder, YNC's hCG Dietary Counseling and Weight Loss Program triggers the body to consume stored fat by means of hCG injections or hCG nasal spray. The fat melts away, while patients experience no hunger and no damage to muscle and bone. Dr. Brayko explains the science and history of hCG weight loss and the program's four phases.
	25 (TUES)	Introduction to hCG Weight Loss	6:30 - 7:30 pm	FREE	YNC Annex	See description for May 24 class.
JUNE	3 (THU)	Naturopathic Medicine in Cancer Care	6-7 pm	FREE	YNC Annex	Naturopathic medicine can enhance the survival and quality of life for people living with cancer. In this class, YNC's naturopathic oncology resident Dr. Christine Stubbe explains how natural and conventional therapies can be combined to improve patient comfort and outcomes. Key natural therapies include nutritional counseling and supplementation to prevent disease progression and improve the effectiveness and reduce the side-effects of chemotherapy and radiation; spa therapies and stress management to enhance patient comfort and recovery; and long-term preventive strategies.
	7 (MON)	Weight Loss the hCG Way	Noon - 1:00 pm	FREE	YNC Annex	In this exciting class led by YNC resident Dr. Krista Brayko, learn how the naturally occurring pregnancy hormone hCG can be used for rapid, safe weight loss.

						Approaching excess weight as a metabolic disorder, YNC's hCG Dietary Counseling and Weight Loss Program triggers the body to consume stored fat by means of orally administered hCG, hCG injections, or hCG nasal spray. The fat melts away, while patients experience no hunger and no damage to muscle and bone. Dr. Brayko will explain the science of hCG weight loss as an alternative to stomach banding or bypass surgery for major weight loss, or as an easy way to drop and keep off fewer stubborn pounds. Most patients lose ½ to 1 pound a day without hunger or side-effects!
	15 (TUE)	Weight Loss the hCG Way	6-7 pm	FREE	YNC Annex	See description for June 7 class.
	17 (THU)	Posture & Pain Relief Lecture	6-7 pm	FREE	YNC Annex	See description for April 1 class. Lecture provides overview of topics covered in four-part series.
	22 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	<p>This 8-week class offers hope, healing, lifestyle counseling, and support for persons receiving or recovering from cancer treatment. Friends and family members of the cancer patients are also welcome. The class will be led by John Zakrzewski, a licensed physical therapist with Mountain Land Physical Therapy and Human Performance, and Dr. Christine Stubbe, a Naturopathic Physician with Yellowstone Naturopathic Clinic and Hematology Oncology Centers of the Northern Rockies.</p> <p>Mr. Zakrzewski (a member of the Oncology and Orthopedic sections and the Chronic Pain Special Interest Group of the American Physical Therapy Association) will introduce strengthening exercises, assist with fitness goal setting, and give tips on managing treatment side-effects and returning to the activities of daily living. He will review mounting scientific evidence that regular aerobic exercise can improve functional capacity and reduce fatigue, pain, low self-esteem, depression, social isolation, and other quality-of- life issues that confront cancer patients.</p> <p>Dr. Stubbe, who is completing her naturopathic residency with a focus on oncology, will talk about easy-to-prepare, healthy, cancer-preventing foods and recipes and cancer-prevention lifestyle choices. Plan on taste-testing! Guest speakers—including other physicians, counselors, and exercise instructors--will also lecture on additional topics related to cancer survivorship.</p>
	23 (WED)	Weight Loss the hCG Way	Noon – 1:00 pm	FREE	YNC Annex	See description for June 7 class.
	29 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
	29 (TUE)	Weight Loss the hCG Way	6-7 pm	FREE	YNC Annex	See description for June 7 class.
JULY	6 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.

	13 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
	20 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
	21 (WED)	To be announced	6-7 pm	FREE	Good Earth Market at 3024 2 nd Avenue North	
	27 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
AUGUST	3 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
	10 (TUE)	Thrive Now: Cancer Survivor Support Group	5:30 – 6:45 pm	FREE; donations accepted to cover food and supplies	YNC Annex	See description for June 22 class.
SEPT.	2 (THU)	Wellness	6-7:30 pm	Patients, FREE; guests, \$15; \$5 for wellness book	YNC Annex	See description for May 13 class.
	9 (THU)	Posture & Pain Relief Lecture	6-7 pm	FREE	YNC Annex	See description for April 1 class. Lecture provides overview of topics covered in four-part series.
	15 (WED)	To be announced	6-7 pm	FREE	Good Earth Market at 3024 2 nd Avenue North	
	23 (THU)	Boosting the Immune System	6-7 pm	FREE	YNC Annex	
OCT.	9 (SAT)	To be announced	1-2 pm	FREE	YNC Annex	
	21 (THU)	To be announced	6-7 pm	FREE	YNC Annex	
	28	To be announced	6-7 pm	FREE	YNC Annex	

	(THU)					
NOV.	4 (THU)	Posture & Pain Relief Lecture	6-7 pm	FREE	YNC Annex	See description for April 1 class. Lecture provides overview of topics covered in four-part series.
	17 (WED)	To be announced	6-7 pm	FREE	Good Earth Market at 3024 2 nd Avenue North	
DEC.	2 (THU)	Wellness	6-7:30 pm	Patients, FREE; guests, \$15; \$5 for wellness book	YNC Annex	See description for May 13 class.