



Food as Medicine

FOURTH ANNUAL

SYMPOSIUM

Public Event Schedule | Saturday, Feb. 11, 2017

Complimentary coffee and tea, and the Food as Medicine Marketplace are located on the **second** floor. All lectures are located on the **first** floor in room 107. *Coffee and tea co-sponsored by Biotics NW and Mountain Mel's Essential Goods.*

TIME	SPEAKER & TOPIC
8:30–9 a.m.	Registration
9–10 a.m.	Optimizing Nutrient Absorption: The Key to a Healthier You! Julie Briley, ND, and Courtney Jackson, ND
10–10:30 a.m.	Break and Marketplace
10:30–Noon	The Art of Fermentation Sandor Katz
Noon–1:15 p.m.	Lunch and Marketplace, second floor hallway <i>Catered by The Lamb's Table. Sponsored by Bob's Red Mill.</i>
12:45–1:15 p.m.	Platinum Cookware Demonstration, room 207 <i>Sponsored by Platinum Cookware.</i>
1:15–2:15 p.m.	Culinary Herbs for Digestive Health Orna Izakson, ND, RH (AHG)
2:15–2:30 p.m.	Break and Marketplace
2:30–3:30 p.m.	Little Known Questions to Ask Your Farmer Elizabeth Boggs, RN, NTP

ADDED BONUS: You are invited to stay and enjoy a free screening of the newly released *Food As Medicine* documentary at 3:45 p.m.

To eat is a necessity, but to eat intelligently is an art. —LA ROCHEFOUCAULD



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Nutritional Therapy Association
Organicology

Food as Medicine Marketplace

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Goodnuss
Health-Ade Kombucha
Heart2Heart Farms
Herb Pharm
Honey Mama's
Love Farm Organics
Mickleberry Gardens
Mountain Mel's Essential Goods
Natural Partners
Nutritional Therapy Association
NW Ferments
Platinum Cookware
Portland Community College
Salt Fire & Time
Vital Vinegars

UPCOMING EVENTS FROM NUNM

FAME (Food As Medicine Everyday)

This 12-week series, led by a naturopathic physician, focuses on whole-foods nutrition education and hands-on cooking. Participants receive a class workbook with recipes and enjoy a complete meal at each workshop. **BONUS!** Free grains and legumes courtesy of Bob's Red Mill.

SPRING SERIES

Wednesday evenings, April 12–June 28, 6:00–7:30 p.m.

SYMPOSIUM SPECIAL: 15% off registration with code FAME-SPRING2017

For more information:

foodasmedicineinstitute.com



Wellness Happy Hour

Every last Friday of the month join NUNM Health Centers–Lair Hill for a wellness happy hour. Clinic tours every 15 minutes will put you in the heart of the examination room, including: visits with a naturopathic doctor, acupuncture and hydrotherapy. Local companies will have samples, demos and other hands-on activities.

HEART HEALTH

The cardiovascular system is complex. Come discuss the ways we can integrate better living for a healthier heart!

Friday, Feb. 24, 5:00–7:00 p.m.



For more information:

nunm.edu/wellness-happy-hour/