

<b>Date</b>	<b>Speaker</b>	<b>Topic</b>	<b>Room</b>
January 5, 2022	Sandra Darling, DO	Healthy Lifestyle Behaviors that Improve Brain Health	Lerner, NA5-08
February 2, 2022	Amy Gibbs, M.Ed., RD, LD	Popular Diets	Lerner, NA5-08
March 2, 2022	Drew Schwartz, DC	Work from Home Ergonomics	Lerner, NA5-08
April 6, 2022`	Robert Saper, M.D.	Yoga for Low Back Pain	Lerner, NA5-08
May 4, 2022	Michael Roizen, M.D.	The Great Age Reboot	Lerner, NA5-08
June 1, 2022	Yufang Lin, M.D.	Integrative Medicine	Lerner, NA5-08
<b>July Summer Break</b>			
<b>August Summer Break</b>			
September 7, 2022	Param Srikantia, Ph.D.	Mindfulness	Lerner, NA5-08
October 5, 2022	Amy Freadling, Ph.D., LPCC-S, CEAP.	Mental Health Awareness	Lerner, NA5-08
November 2, 2022	Irina Todorov, M.D,	Lifestyle modifications for NAFLD (Non-Alcoholic Fatty Liver Disease).	Lerner, NA5-08
December 7, 2022	Ashley Neuman, PCC-S	Coping with Loss	Lerner, NA5-08