

<b>Date</b>	<b>Speaker</b>	<b>Topic</b>	<b>Room</b>
January 8, 2025	Stephen Feber, MD	Transcranial Magnetic Stimulation	Virtual
February 5, 2025	Kristen Kontos APRN-CNP	Heart Health and Secondary Prevention	Virtual
March 5, 2025	Stephanie Whitting, PA	Optimizing your health in your 30s and 40s to ease into perimenopausal years	Virtual
April 2, 2025	Trevor Valentine, CRPC	Financial Wellness	Virtual
May 7, 2025	Drew Schwartz, DC	Managing Back Pain	Virtual
June 4, 2025	Param Srikantia, Ph.D.	The Art of Inner Centering in a Chaotic World	Virtual
<b>July Summer Break</b>			
<b>August Summer Break</b>			
September 3, 2025	Jennifer M. Johnson, MBA, MSSA, LISW-S	"Substance Use Disorder in Young Adults or College Students: How does this happen and what do we do?"	Virtual
October 1, 2025	Amy Gibbs, M.Ed., RD, LD	Integrative Medicine Approach to Nutrition	Virtual
November 5, 2025	Robert Saper, MD	Tai Chi for Health: Focus on OA and Fall Prevention	Virtual
December 3, 2025	Jim Perko CEC, AAC	Culinary Medicine	Virtual