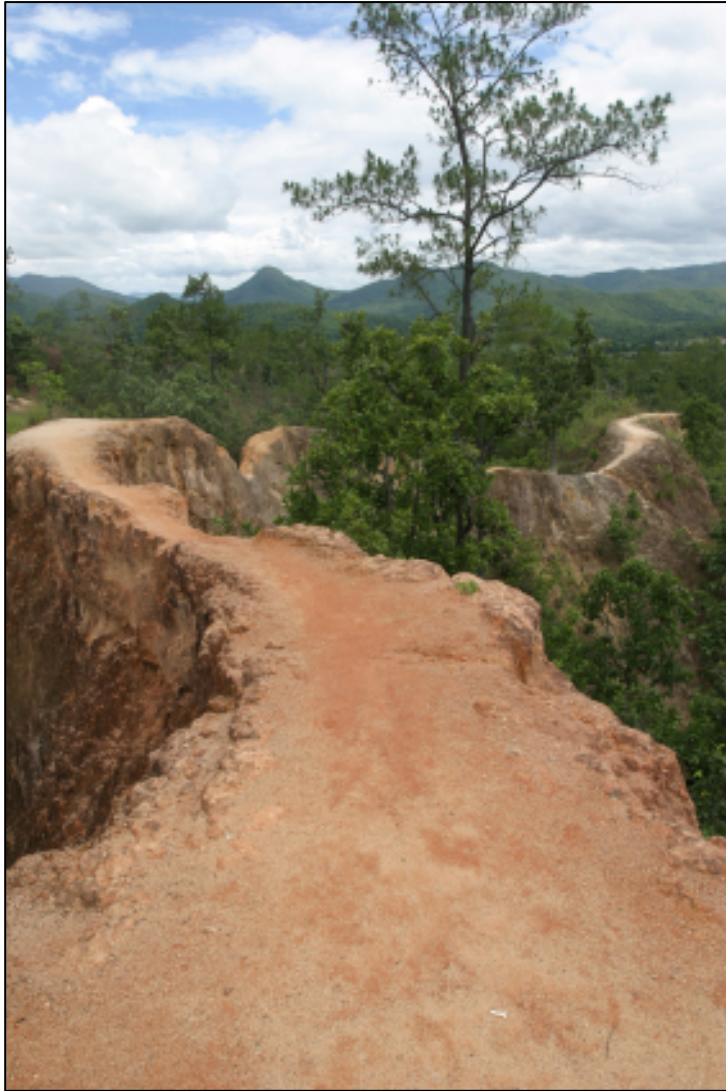


Life is Your Best Medicine:



Tieraona Low Dog, MD

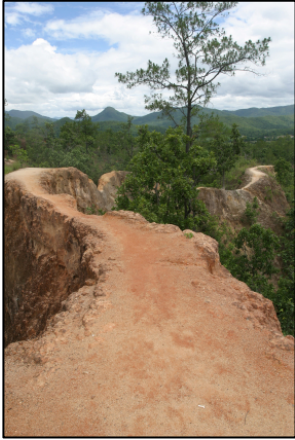
Author of National Geographic's:

"Life Is Your Best Medicine"

&

"Healthy At Home"

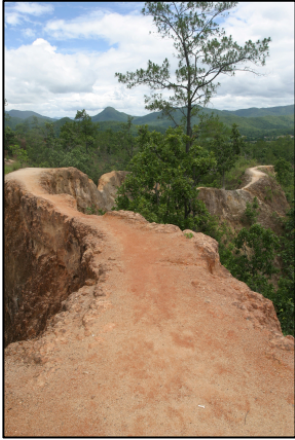
www.DrLowDog.com



“Life Is Your Best Medicine”

Description:

“It is said that when we are born, we are set upon our medicine road. And that everything we do in our lives, from the food that we eat, to the way we move in the world, to the way we treat a stranger - affects us. Modern science is now confirming what many indigenous peoples long believed, that much of our health and vitality comes from the way we live our lives. From the choices that we make each and everyday. It has also confirmed that our resiliency, our ability to bounce back and move forward, is stronger when we are physically, emotionally and spiritually nourished. Drawing upon her many years as a leading educator, physician, midwife, researcher, and National Geographic author, Dr. Tieraona Low Dog has informed and inspired audiences around the world with her ability to weave science and ancient wisdom into a message of hope and transformation for the 21st century. We hope you will join us.”



“Life Is Your Best Medicine”

Objectives:

- 1) Participants will be able to discuss the effects of chronic stress on work performance and risk for depression, anxiety, heart disease and other disease.
- 2) Participants will be able to describe how meditation, physical activity, rest, music, and other lifestyle factors can positively impact physical and emotional health.
- 3) Participants will be able to identify strategies for reducing fatigue, improving sleep and increasing emotional well-being.
- 4) Participants will be able to describe three ways to improve their nutrition.