

March

COMMUNITY ROOM EVENTS

Wednesday, March 15th

6:00-7:30 PM

Crouse Health: 3-Part Health Series

Part 3: Brain Aneurysms & AVM's (Arteriovenous Malformations)

By Eric Deshaies, MD

Join Eric Deshaies, MD, Medical Director of the Crouse Neuroscience Institute, as he speaks about aneurysms and AVM's. Dr. Deshaies will discuss arteriovenous malformations (AVM's) of the brain, which can result in hemorrhagic strokes (strokes caused by brain bleeds). Learn the symptoms to look for and how Crouse uses state-of-the-art methods to diagnose AVM's and the latest in cutting edge treatments available.



Dr. Eric Deshaies serves as Medical Director for Endovascular and Cerebrovascular Neurosurgery at Crouse Health in Syracuse, NY. Dr. Deshaies is the only dual-fellowship trained neurosurgeon in Central New York and one of only a few in the country. He is also board certified by the American Board of Neurological Surgeons.

Thursday, March 16th

5:30-7:00 PM

The Basics of Plant-Based Diets

By Laura McManus, MA, RDN, CDN & Kristen Davis, MS, RDN, CDN

Plant-based or vegetarian diets are becoming more and more popular these days due to both their health benefits as well as benefits to the environment. However, making sure they are nutritionally complete can be a challenge for some. During this presentation, they will cover planning strategies and meal ideas to make sure you're getting the most from your plant-based diet.



Laura and Kristen are Registered Dietitian Nutritionists and co-owners of Teaspoons to Tablespoons Family Nutritional Services. They both hold Masters Degrees in Nutrition Science and Dietetics from Syracuse University. They also have combined experience in providing nutrition education, counseling, and medical nutrition therapy for all stages of life—from pregnancy and infancy to older adult nutrition. In addition, they have led cooking classes, developed community programs to promote healthy eating for children, and presented a variety of nutrition topics to various groups in the Syracuse community.

Wednesday, March 22nd

12:00-1:30 PM & 5:30-7:00 PM

The Aging Spine: Common Issues

By Denise Karsten, RN, MSN-CNS, DC

Understanding spinal anatomy can help you understand the origins of back pain. Utilizing a new evidence-based spine care pathway, this includes the introduction of the Primary Spine Practitioner role and can help to identify possible solutions for an individual's back pain.



Dr. Denise Karsten, RN, DC, specializes in chiropractic medicine and practices in the Syracuse area. Dr. Karsten has over 21 years of experience in the field of medicine. She graduated from New York Chiropractic College with a Doctor of Chiropractic degree in 1996. Dr. Karsten is a Primary Spine Practitioner (PSP) and will see patients quickly for an initial consultation to create a personalized plan for relief and ongoing spine health. The Fast Track program explores non-surgical options and refers patients to

its network of more than 100 physical therapists, chiropractors, medical doctors, and osteopaths to best match each patient's needs.

March Support Groups

Monday, March 20th

6:30-7:30 PM

Lyme Disease Support Group

The Upstate New York Lyme Disease Association advocates raising awareness about Lyme disease and its co-infections. The organization's goal is to educate our community and support those afflicted. For more information on this meeting and the Upstate New York Lyme Disease Association Support Group, email upstatenylimedisease@gmail.com.

Monday, March 27th

6:30-7:30 PM

Interstitial Cystitis Support Group

This group is facilitated by Anne Marafino. The mission of the Syracuse IC Support group is to empower individuals with knowledge and hope. The group strives to provide information from the medical community, holistic professionals, and individual successes.

Sunday, April 2nd

2:00-4:00 PM

CNY Celiac Support Group

Dr. Kiran Anna, with Syracuse Gastroenterologist Associates, will speak about other diseases that are associated with Celiac Disease. For more information on this meeting and the CNY Celiac Support Group, call Ruth Wyman at 315-463-4616. You can also visit: www.cnyceliacs.org.



Watch these events at our Youtube channel:

youtube.com/user/naturtymevids

Please note that the viewpoints and opinions expressed by the presenters do not necessarily reflect the viewpoints of Natur-Tyme.

Please call 488-6300 or email events@natur-tyme.com to reserve your seating for any of these events.