



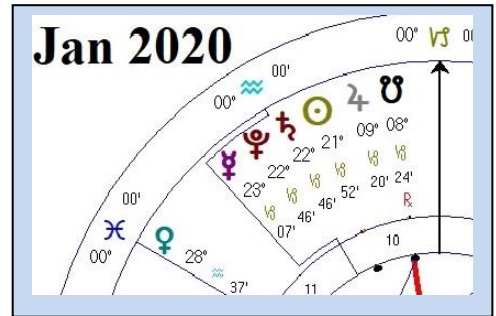
HOLISTIC LECTURE SERIES WINTER-SPRING 2020 starting our 9th year

Audubon Library
350 John James Audubon Parkway
Amherst, NY 14228
(716) 689-4922

**PLEASE REGISTER IN ADVANCE
BY PHONE OR IN PERSON**

2020: The Year of Transformation **Tuesday, January 28th at 7pm**

It's finally here! 2020 is considered to be the year of transformation because of the major once-in-five hundred year line-up in the sign of Capricorn. Capricorn is the sign of structure, business and government. Since the major transformation planet, Pluto aligns with Saturn this suggests everything we think is "secure" deconstructs. For our individual charts we will be saying goodbye to the old in January as we embrace a new paradigm in our lives in summer, and, then again at the end of the year when a new business cycle emerges as Jupiter and Saturn align. There is a lot of change in 2020, and, Cassandra will bring the messages of the stars down to earth in an easy to understand discussion.



Cassandra Joan Butler, BSW, MS, LMT has been a noted practitioner of spiritual development and bodywork since 1987. A gifted teacher, she has shared her knowledge with thousands of students in a variety of settings. Her background includes college teaching in energy healing, and massage therapy as well as twenty years of adult community education workshops and private classes. She is a yearly presenter at many international venues and conferences including Lily Dale, Fellowships of the Spirit, Chautauqua Institution, and the science-based Kepler Conference. Cassandra writes for several national publications and is a frequent guest on radio and television. She is the producer and host of "Cosmic Connections." Also an ordained minister and medium and founder of the Divine Grace

Fellowship Church which blends astrological wisdom with a healing ministry, Cassandra is passionate about sharing the language of astrology with others, blending it within a mainstream scientific matrix through research.



Finding the Road to Health & Wellness **February 4th at 7pm**

Tim Kaufman of FatManRants was diagnosed with Ehlers-Danlos syndrome (EDS) in his early twenties. He was in chronic pain most of his life. By the time he had reached the age of 37 he was addicted to Fentanyl, alcohol, and fast food. At over 400 pounds he was unable to perform simple daily tasks. He had many chronic health issues and was almost immobile. He had lost his interest in life and

almost gave up. His marriage with wife Heather had seen its share of crisis and tragedy. Obesity, disease, addiction, inactivity, and helplessness affected their daily lives. But then Tim started a journey to regain his health, changing one small thing at a time. Things really changed when the Kaufmans adopted a plant-based lifestyle. Rejuvenating their marriage, they now thrive on whole foods and lead a healthy, happy, and very active life. Their passion is to spread the message that anyone can transition to a healthy, active lifestyle and dramatically change their life regardless of their current situation or size.

Tim is now an athlete thriving on a plant-based whole food lifestyle and leading a healthy, happy, productive, and very active life, now free of all his previous medications. He has appeared on podcasts from around the world and has been in multiple movies. He has been featured in *Runners World*, *People*, *Buffalo News*, on *Good Morning America* and *Today*, and many other media outlets. He uses his platform as an international speaker to educate, inform and motivate people about plant-based nutrition, fitness, addiction recovery, overcoming physical challenges, and emotional and spiritual wellness.

His web site is FatManRants.com

"Eat plants and move your body. All ya gotta do is a little more than ya did yesterday."

Three Steps to Well-Being and Achieving your Dreams

Tuesday, February 11th at 7pm

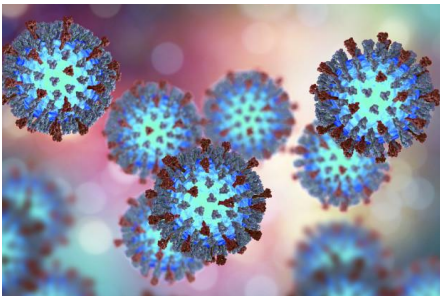
Susan Balogh is an author and certified happiness coach, Reiki Master/Teacher, and Qi Gong instructor who has a passion for helping others tap into their true power to achieve any state of mind that allows them to attain their goals and dreams. With a desire to heal herself and help others, she sought training for over 20 years in many healing modalities.



Be inspired and learn simple yet powerful ways to achieve a higher level of well-being and prosperity. You have a natural ability to heal your body, clear your mind, increase energy, improve relationships, and feel better from morning to night. Putting yourself in charge of your own wellbeing empowers you and sets you free! You are invincible in your new mindset, and become a magnet for all your life's wishes!

Susan will also be discussing her bestselling new book *100 Days of Actions & Intentions to Create the Life You Wish For: Guide Yourself to a Place Where You're Happy & Free and Achieving Your Dreams. All Day, Every Day*. Copies can be purchased after the talk, with 10% of the proceeds benefiting the library.

Find out more about her at: www.centerforclarity.com



A Brief Look at the Immune System

Tuesday, February 18th at 7pm

Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passions, they cannot alter the state of facts and evidence.
-- John Adams

Currently, we are subject to the 30-second media sound bites and slogans, rather than openly discussing facts. It seems to be human nature, no matter what the subject. Let's avoid the "He said, she said" loop. When someone gives you the "studies have shown" argument (without naming or discussing the studies) dig deeper, to see what the facts really say. There is no such thing as "settled science." Science is a process that helps us examine

issues. When used as we were taught in high school, it reliably leads us on a path from where we are, to the next valid conclusion. It doesn't stop there either but continues to expose new questions to be answered. Find out what some of those questions are!

Tim Eisenhauer graduated from SUNY at Buffalo with electrical engineering and math degrees. He retired from designing electrical circuits and subsystems after about 35 years. Tim started researching vaccine safety in 2001, and has been reading peer reviewed articles, clinical trials and statistics concerning vaccine safety ever since.

***From Passive to POWER:
How to Restore Your Health and Reclaim Your Life***
Tuesday, February 25th at 7pm

One of the biggest problems in today's medical system is that we rely too heavily on doctors to tell us what to do and what to take in order to restore optimal health. In this presentation, you will learn how to shift accountability and power back onto yourself as you learn at-home techniques that will help you restore health and balance in your life.

As a lifelong competitive athlete, **Ariel Wachowiak** experienced an identity crisis when she suddenly became ill with ascending paralysis. She suffered for years in a wheelchair and on crutches with many symptoms that no doctor or diagnostic test could identify. Ariel recognized the need to find a solution for true healing, both for herself and for others, which is when she turned exclusively to using acupuncture and Chinese botanical medicine to heal. Slowly but surely, she regained strength to walk independently, and took back control of her health and her life. In her spare time, she can be found on the ice, both as a volunteer women's hockey coach and as a hockey player. Her web site is: NortheastIntegrativeMed.com



2020 JOY: Laughter Yoga for Health and Happiness!

Tuesday, March 3 at 7 pm

2020 marks the 25th anniversary of the birth of Laughter Yoga in Mumbai, India. Now sweeping the globe, it has helped to bring health and happiness to people in more than 100 countries. Laughter Yoga became a life-changing experience for **Caren Kolerski**. She has gone from being a very serious, stressed-out, well-trained perfectionist to one who has a sense of humor, playfulness, flexibility and much more fun! Caren began practicing nearly 14 years ago, has led hundreds of seniors, youth and adults in a variety of venues including agencies and businesses, schools and colleges, senior and wellness facilities. She was certified 8 years ago as a Laughter Yoga teacher by Dr. Madan Kataria and his wife, Madhuri, co-founders. Caren, also a life coach, retreat leader and author, is passionate about bringing this playful, life-changing, complete well-being experience to as many people as possible. She has been interviewed by print, radio and television media.



Come prepared to have FUN! In this interactive session, participants will be inspired, learn about the 4 pathways to Joy including the world-wide practice of Laughter Yoga, begun in 1995. People of all ages, abilities and backgrounds learn to laugh for no reason by combining laughter exercises with yoga breathing for stress-relief, joy, wellness and connection. Laughter is simulated as a body exercise; with group eye contact, gentle stretching and childlike playfulness, it soon becomes real and contagious laughter. Experience what science is proving – the physiological, emotional, mental and social benefits of laughter. No yoga experience or special equipment is necessary; dress comfortably and in layers, bring water. Most exercises can be done either standing or seated. For more info visit www.laughteryoga.org

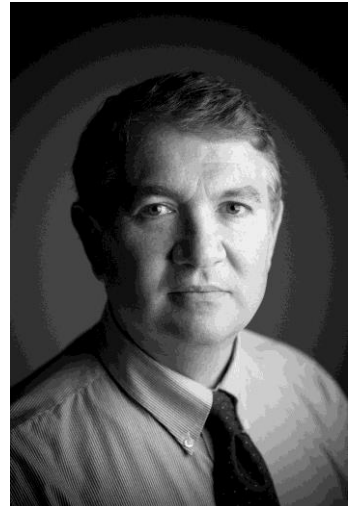
"When you laugh you change; when you change the world around you changes!"

-- Dr. Madan Kataria

Why We Need Holistic Health Care **Tuesday, March 10th at 7pm**

The U.S. spends considerably more for health care than other leading industrial nations, yet its health outcomes rank near the bottom of this fortunate group. The two major parties talk about reforming the system but leaders who feed off it move slowly, if at all, toward meaningful change. Meanwhile, the cost of health care is the main reason families in the nation declare bankruptcy.

Scott Scanlon, who is about to start his eighth year as *WNY Refresh* editor with *The Buffalo News*, will talk about where the health system stands, what it means to well-being for those in the region, and how holistic health fits. He'll also talk about some of the most meaningful holistic health stories he has covered, share information about holistic health measures he uses, and look to learn more from the audience about why holistic health care continues to be unaffordable for and underused by many, particularly those of modest financial means.



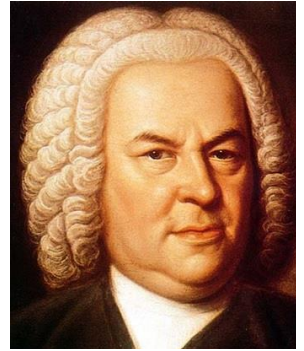
WNY Refresh is a weekly Saturday section in *The News* focusing on health, fitness, nutrition and family matters. Scott, who is a West Seneca native, started his journalism career in 1986 as a medical reporter with the *Fort Pierce-Port St. Lucie News Tribune* in South Florida. He worked in a variety of beats and as an editor for 15 years at *The Post Standard* in Syracuse before returning to Buffalo in 2004 to become Niagara County bureau chief with *The News*. He is a graduate of the University at Buffalo and received his Master's in History from Binghamton University.



Johann Sebastian Bach: Music to Refresh the Soul

Tuesday, March 17th at 7pm

J.S. Bach (1685-1750) once wrote that “the aim and final reason of all music should be none else but the glory of God and the refreshment of the soul.” Most music-lovers agree that Bach had a marvelous gift for creating healing music. As we celebrate his upcoming birthday (March 31st), let’s listen to some of Bach’s celebrated pieces like “Jesu, Joy of Man’s Desiring,” “Air on the G String,” and “The Goldberg Variations,” and consider what it is in this music that gives it that healing or refreshing quality.



Michael Harris has done many classes and series of classes in the past for the Opera Buffs, Amherst Senior Center, and the Unitarian Universalist Church of Buffalo. He is involved in an extended class on J. Bach at both the Senior Center and the UU Church which runs through the first week of April. Some of his past topics include theater, literature, and the centenary of Leonard Bernstein’s birthday. He’s been involved with UU Church Choir since 1988.

Nutritional Lifestyle Principles:

The “Spark” Needed to Change Your Lifestyle

Tuesday, March 24th at 7pm

Dennis Sobotka is an international business consultant, success mentor, author and speaker with his companies, Your Partner in Business (YPIB), and Achieving Success (AS), located in Buffalo NY, USA. He has been a global business consultant since 1994 and his client base included retailers, suppliers, public & social organizations in China, India, South Africa, Europe, South America, Canada, Mexico, Japan, and the USA. Dennis’s many passions include the never-ending search for Knowledge and Wisdom to improve the lives of those people he

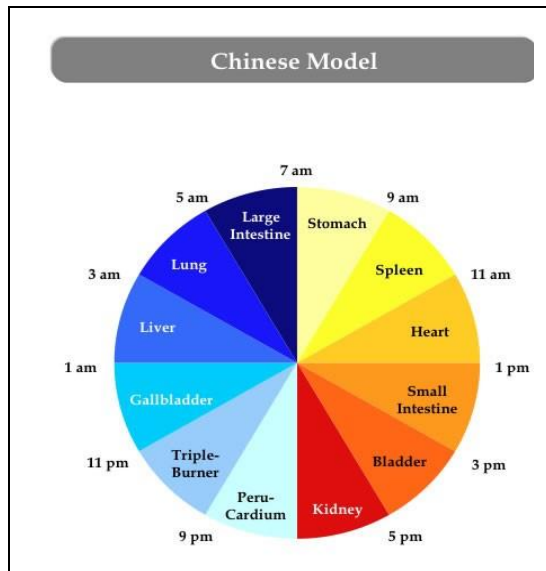


can help influence.

Dennis will assist you in rebuilding your personal AM & PM Nutritional Lifestyle by teaching you daily AM & PM principles to use. You will gain an understanding of the Chinese “Body-Energy” Clock, which is built upon the concept of the cyclical ebb and flow of energy throughout the body. During a 24-hour period (see diagram) the Qi energy moves in two-hour intervals through the organ systems. The “Magic” is the Self-Healing your body experiences when you allow this amazing Body-Energy clock to fully function. Other topics to be discussed include:

Motivational Spark to Change, Intermittent

Fasting, Nutritional Lifestyle Principles, AM PM Disciplines, Food as Medicine, Food is Poison, and a New Food Pyramid.



Animal Communication **Tuesday, March 31st at 7pm**

Want to learn to communicate with your animals and nature using your intuition? Have you ever seen the movie Dr. Doolittle? You too can talk to the animal kingdom. Come and learn some fun tips and techniques that will help you understand why animals do what they do. Sometimes we wonder why the dog may scratch his bed over and over, or why the cat does not come when you call her. This will be a fun class, bring the family – but not your pets for this class, please.

Darnelle Parker is a gifted intuitive, spiritual counselor, animal communicator, motivational

speaker and certified Reiki Master. She is a graduate of Fellowships of the Spirit School of Spiritual Healing and Prophecy in Lily Dale, NY. As a result of her training, she encourages people to rethink their beliefs about who they think they are, and to enlighten them and excite their passions in a positive way. She is currently offering private sessions, classes and workshops. Darnelle has over 20 years of experience in Corporate America having worked at HP, IBM and Microsoft. She also holds a MBA from Webster University, and a Bachelor's Degree in Psychology from University of West Georgia. Darnelle is also a graduate of the Dale Carnegie Program and currently studying under Lisa Nichols (Motivating the Masses) coaching program. Her web site is: darnelleparker.com

24-Posture Therapeutic Qi Gong

Tuesday, April 7th at 7pm

Similar to Tai Chi, Qi Gong is a centuries-old system of coordinated body posture and movement, breathing and meditation used for the purposes of health, spirituality and martial arts training. Individuals who regularly practice this low-impact exercise experience numerous health benefits including increased energy, improved balance and flexibility, decreased musculoskeletal pain, improved range of motion, improved blood and lymph circulation, decreased blood pressure and many others.

Learn more about this practice in this interactive class. All postures will be done standing and can be modified, if necessary. Please wear comfortable clothing and appropriate footwear.

Julianne Fusani is a holistic health educator and wellness coach. She has served as President of the WNY Gluten Free Diet Support Group for several years. After experiencing many benefits from practicing Qi Gong, she is now certified as a Level II Qi Gong Instructor in the WU YI JIE HE Family System of Chinese Healing and Martial Arts.



***Your Mind Says “Yes” But the Body Says “No”:
Using Neurosage Therapy***
Tuesday, April 14th at 7pm

Neurosage is a cutting edge non-invasive therapy that reconnects the brain and the body for optimal health and performance. It helps with balance and coordination, chronic pain, muscle weakness, cognition, reaction time and sports performance. It's scientifically proven and results inspired, with eight years of clinical study and application. It is both non-invasive and non-pharmacological. It extends the body's own natural abilities to bring systemic balance, to relax, to learn and to increase both mental and physical performance. It's a platform that represents the merger of breakthrough clinical research with cutting-edge cloud-based technology bringing a revolutionary therapy application. Neurosage maximizes the power potential of the human brain.

Dr. John Zilliox, DC,DACBN, CDN, has helped change the lives of thousands of people regarding their physical and emotional well-being. With over 34 years in practice, his knowledge, training and expertise have empowered people to take charge of their health, allowing them to live longer and healthier lives with more vitality and energy. Dr. Zilliox is a graduate of Palmer College of Chiropractic, and holds a New York State license in Nutrition and Dietetics, as well as a postgraduate diplomate degree from the American Board of Clinical Nutrition. He also has Board Certification in Neuropathy and Non-Surgical Spinal Decompression Therapy. He has studied and is certified in many advanced natural healing modalities well beyond that of chiropractic. He is the founder of Positive Health and Wellness, a clinic located on Sweet Home Road in Amherst, NY. He is the only practitioner in Western New York offering Neurosage Therapy.





Climate Change and Food Security in 2020 and Beyond **Tuesday, April 21st at 7pm**

Climate change is having an ever-increasing impact on people's way of life as well as their sense of food security. Our speaker will stress the urgency for an immediate end to all fossil fuel use, while giving numerous examples of how climate change impacts our planet. We will hear about the greenhouse effect, greenhouse gases, and how temperatures are responding to gas increases. There will also be discussion of how the jet stream is affected by climate change. Closer to home, we will hear about how the Northeastern states and Western New York will be affected by temperature and precipitation trends. Also, there will be discussion about agriculture and

food security concerns, along with introducing and explaining "chilling degree hours," and how we are entering the Earth's sixth great mass extinction and why we should be worried – and act while we still can. The discussion will wrap up with positive talk about how we may mitigate some of the effects of climate change, as we take a look at the Solutions Project and Paul Hawken's book *Drawdown: the Most Comprehensive Plan Ever Proposed to Reduce Global Warming*.

Jack Kanack is joining us for his third annual Earth Day talk. He is the owner of Weathermedic Inc, which is a weather consulting and applied climatology business. He received a BS in Geosciences in 1983 from Buff State. He is the Vice President of the WNY Chapter of the American Meteorological Society, which for now holds its monthly meetings in the Daemen College Library on the third Wednesday of every month at 7pm, but in March 2020 will be meeting there the third Tuesday of every month at 7pm. His Radio Weather shows are on WBNY 91.3 FM on Mondays: *The Environmental Show* from 9am to 10am, and *The Weather Buff Show* from Noon to 1pm. His web site is weathermedic.com

Look Great, Feel Great, Be Great on a Plant-Based Diet **Tuesday, April 28th at 7pm**

Get an overview of the numerous benefits you will realize from following a plant-based diet. The leading causes of chronic illness and death in the United States are diet related, with most Americans following the "Standard American Diet." Just as a poor diet can harm your health, a whole foods, plant-based diet can prevent and reverse disease. We will cover the benefits of a whole foods plant-based diet, "nutrition 101", and how you can transition to a plant-based diet.

Marcy Zastrow has followed a plant-based diet and been vegan for over 25 years. She is a Certified Vegan Lifestyle Coach and Educator (VLCE) and earned the T. Colin Campbell Plant-Based Nutrition Certificate through eCornell. She has given presentations on a variety of topics related to veganism, including plant-based diets and the environment.

Visit her site at: projectvegan716.com



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