

HOLISTIC LECTURE SERIES

FALL 2021



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



***PLEASE NOTE THAT, FOR THE TIME BEING,
MASKS ARE REQUIRED OVER THE MOUTH AND
NOSE DURING YOUR ENTIRE STAY AT THE LIBRARY***

REGISTRATION REQUIRED

BY PHONE (716-689-4922) OR AT THE LIBRARIAN'S DESK

Prose and Poetry *Tuesday, October 19 at 7pm*



Join **Linda Griffin**, the author of her recently published book, Words to Nourish Your Spirit. She will read from it inspiring and heartfelt words. Many of us have been going through troubling times, and the author's uplifting words remind us of hope and peace. She will also share with you her story as to what motivated her to begin writing again.

Linda has been a holistic nutritional consultant at Feel Rite Fresh Markets for many years which offers nutritional consultations as a free service of their stores. A short history will be given about the 50 year success of the local business and the importance it has played in the health of our community.

How to Boost Immune System Function *Tuesday, November 2 at 7pm*



Dr. Levy will provide a broad overview of the elements of the immune system. Next, he will present general measures and supplements which might boost immune

system function. This will include information on adaptogens. Finally, he will speak about dietary supplements which might be beneficial in treatment of the common cold, Covid-19, and influenza.

Dr. Sanford Levy is an internist (adult medicine specialist) practicing in Buffalo, NY. His office provides a self-pay specialty practice of integrative and holistic medicine. The focus of his practice is both wellness care and the treatment of a variety of chronic health conditions with lifestyle changes and dietary supplements. Professionally, he has achieved prestigious fellowship in the American College of Physicians, the nationwide academic organization for internists. He is also a member of the Academy of Integrative Health and Medicine, and a 2003 diplomate of the American Board of Integrative Holistic Medicine. Dr. Levy is a 1986 graduate of the University at Buffalo Medical School, and he serves as volunteer faculty at the school, a clinical associate professor of medicine.

It's All About Breaking Patterns ***Tuesday, November 16th at 7pm***



Join Dr. Cooley as he discusses that in order to heal a chronic problem, the body must learn how to break a pattern in which it is currently trapped. In this lecture the following will be discussed:

- Learn how muscle testing is a representation of a neurological pattern
- Learn how we can break these patterns with four main therapeutic options:
- Manual Therapy
- Exercise therapy
- Chemical Therapy (Nutritional Supplementation & Natural Herbal Remedies)
- Lifestyle Changes (diet, sleep, exercise regimens, meditation, etc.)

Dr. Raymond Cooley is a chiropractor who specializes in breaking the patterns of chronic injury or illness. His practice focuses on a functional evaluation of the nervous system. This truly individualized and holistic approach allows him to identify the root causes of patient complaints. His web site is: CooleyDC.com

DUE TO SOCIAL DISTANCING, SPACE IS LIMITED!

**IF YOU ARE INTERESTED IN ATTENDING ANY PROGRAMS IN THE SERIES,
PLEASE REGISTER BY PHONE (716-689-4922) OR AT THE LIBRARIAN'S DESK**

***E-mail AudubonHolistic@gmail.com
for questions, comments, or to join the e-mail list***

