



***A credit card is needed to reserve your space. Please give a 24hr notice to cancel your enrollment. Your credit card will be charged for the amount of the class for No show/Late cancellations. If class is cancelled no charges will be applied to your card. Cash and checks will be accepted the day of class. There is a minimum class size of 5 and a maximum of 10 people. Walk-ins will be accepted if space is available after the minimum class size is met. We will contact you if the class is cancelled due to insufficient enrollment. ***

KINGSTOWNE INTERNAL MEDICINE LECTURES
September- DECEMBER 2015
SPEAKER RICK WIESSINGER, MS, RD

<p align="center"><i>Saturday 9/12</i> 11:00 A.M. - 12:00 P.M.</p> <p align="center"><i>Tuesday 9/22</i> 6:30 P.M. - 7:30 P.M.</p>	<p align="center"><i>Diet, Blood Pressure, and Stroke Prevention: Light Years Past The Role of Salt</i></p>	<p><i>45 minute lecture format with 15 minute Q & A period.</i> <i>Description:</i> <i>Describes the many nutritional and lifestyle influences on blood pressure and stroke risk that exist apart from salt intake.</i> <i>Limited to 10 attendees</i> <i>Fee: \$20.00</i></p>
<p align="center"><i>Saturday 10/10</i> 11:00 A.M. - 12:00 P.M.</p> <p align="center"><i>Tuesday 10/20</i> 6:30 P.M. - 7:30 P.M.</p>	<p align="center"><i>Nutritional Strategies for Dealing With Chronic Fatigue and Fibromyalgia</i></p>	<p><i>45 minute lecture format with 15 minute Q & A period.</i> <i>Description:</i> <i>Presents evidence of ways in which diet and lifestyle strategies improve energy and reduce pain from FMS.</i> <i>Limited to 10 attendees</i> <i>Fee: \$20.00</i></p>
<p align="center"><i>Saturday 11/14</i> 11:00 A.M. - 12:00 P.M.</p> <p align="center"><i>Tuesday 11/17</i> 6:30 P.M. - 7:30 P.M.</p>	<p align="center"><i>Vitamins, Minerals, and other Dietary Supplements</i></p>	<p><i>Description:</i> <i>Describes evidence of the preventive and therapeutic uses of the most commonly-used types of over-the-counter (OTC) supplements.</i> <i>Limited to 10 attendees</i> <i>Fee: \$20.00</i></p>