

2 thought provoking topics

Food Addiction

Addictions Unplugged: How We Get Wired & How To Unplug

Dr. Vera Tarman, MD, FCFP, CASAM, M. Sc.



- Medical Director of Renascent since 2006
- Staff physician with the Salvation Army Homestead since 2004
- Has been working in the field of addictions, private practice, since 1992
- Has her ASAM certification (American Society of Addiction Medicine)
- Has taught various College and University level courses

Come Learn and Talk about:

- How and why we get addicted to food and eating disorders
- The process that hijacks our brains in regards to eating disorders
- How our brain works in our fear and pleasure centres
- How to 'unplug' ourselves

April 24, 2010 8:15 am-1:15 pm

Registration Fee: \$20.00

Online: www.addictionsunplugged.com OR call 416-323-3660

This workshop has been approved for 5.5 ICADC CEUs



DR. DANA COLSON
& ASSOCIATES

WELLNESS - BASED DENTISTRY™

Changing Smiles/Changing Lives



Today we are bombarded with images of attractive people with perfect teeth! How are we ever going to achieve that great smile? Come and hear Dr. Colson speak about the various methods she uses in her leading edge practice to create stunning smiles, which often leads to enhanced facial proportions.

Topics covered will include an Integrated

Approach to Teeth Whitening, Orthodontics, Crowns/Veneers and Healozone.

April 24, 2010 2:00 pm-4:00 pm, Open questions 4:00 pm-5:00pm

To Register Call: 416-482-2133

Miles Nadal Jewish Community Centre

750 Spadina Avenue, Toronto, ON M5S 2J2