

Dale Goris

Dale Goris is an under graduate (pre-dental) of Purdue University and graduate of Indiana Dental School — DDS. He practiced general dentistry in Logansport, IN for 40 years and has been a volunteer dentist at Venice Senior Friendship Center for the past 11 years.

April Lambert

April Lambert is a Licensed Marriage & Family Therapist in private practice in Sarasota. The name of her practice is Heart to Heart Counseling. She originates from Southern California and has been a resident of Siesta Key for 14 years. She has been married to her husband Chris for 20 years and has 3 children. April is a member of the *Florida Association of Christian Counselors*, a *New Life Ministry Network Counselor*, and an International Board Certified Professional Christian Counselor.

Michael Walker

Dr. Walker's career spanned thirty-five years with the National Cancer Institute and National Institute of Neurological Disorders and Stroke. Dr. Walker served on numerous private and federal task forces and is the recipient of several prestigious awards from the Government as well as the private sector for his work. He currently chairs the Brain Attack Coalition and consults for NIH, Academia, and industry.



No. POSTAGE, PAID 254



Siesta Key Chapel

Presents

Wellness from Within Series

WELLNESS SEMINARS

AT

SIESTA KEY CHAPEL

4615 GLEASON AVE.,

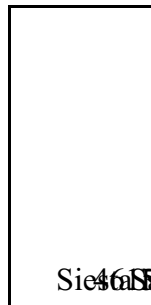
SIESTA KEY

FELLOWSHIP HALL

941.349.1166

SIESTAKEYCHAPEL@COMCAST.NET

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Siesta Key Chapel, FL 34242

The Health Professionals who attend Siesta Key Chapel are pleased to present the second in a series of seminars on a variety of topics related to health and wellness of body, mind and spirit. This event is planned for Saturday, February 2, and 9, 2008.

Lunch is provided free of charge. Everyone is welcome.*

Who would benefit from this series?

- † Anyone and everyone who is caring for someone with medical ailments.
- † Those wishing to explore options for their own health needs.
- † People interested in preparing themselves for future possible medical needs – including options for Medicare.
- † You, me and anyone committed to informed self-care.

February 2, 2008

11:00 am **THE WORLD IS MOVING TOO FAST; I WANT TO GET OFF: HOW TO COPE WITH STRESS AND ANXIETY IN A FAST-PACED WORLD**

presented by April Lambert.M.S. licensed family and marriage therapist.

11:45 LUNCH*

12:30 pm **WHAT YOU NEED TO KNOW ABOUT MEDICARE 2008**

presented by Art Howard of Bankers Life & Casualty. Howard will discuss and answer questions on all parts of the Medicare program.



FEBRUARY 9, 2008

11:00 am **STROKE-IT'S A BRAIN ATTACK**

presented by Dr. Michael D. Walker M.D., Neurosurgeon

11:45 LUNCH*

12:30 pm **QUESTIONS TO ASK YOUR DENTIST**

presented by Dr. Dale Goris D.D. S.



* If you plan to stay for lunch, please R.S.V.P. the Chapel office @ 941.349.1166