



To Your Good Health Breakfast Series

Sunday, November 3, 2019 | 10:00 am

The Health Benefits of Medical Cannabis and CBD

Jessica Harshbarger and Mallory Kirsch from Compassionate Clinics of America, will discuss the various health and mental benefits that Cannabis carries as well as the differences between medical and recreational cannabis access. Their discussion will also include the use of CBD.

Sunday, December 8, 2019 | 10:00 am

Personalize Your Nutrition for Better Health

Marcy Kirshenbaum, from Enhance Nutrition, LLC, will discuss how the food choices you make to fuel your body, directly impact your health. Learn about common symptoms of inflammation, which is often the root cause of health conditions, and how to easily address this through food. Simple changes in your lifestyle can be the difference between illness and health.

Sunday, January 12, 2020 | 10:00 am

Keeping the Rhythm: Sleep and Circadian Wellness as We Age

Sarah Squires-Doyle from CJE SeniorLife and Dr. Kathryn Reid, From Northwestern's Feinberg School of medicine, will provide a presentation on sleep that is sure to keep you awake! Learn how your sleep/wake cycle influences your health and well-being, especially as you grow older. Get tips on how to create better sleep habits.

Sunday, March 15, 2020 | 10:00 am

Jewish Genetics - It's Not Just Tay-Sachs Anymore

This discussion will be led by our own Doctors Lee Shulman and Andrew Wagner. Their presentation will help to familiarize you with the types of cancers that Jews are more prone to developing. This information along with your family history and available testing, can help you be proactive in your health. We will also review basic concepts in genetics and along with the Sarnoff Center for Jewish Genetics, will talk about carrier screening; an essential step in healthy family planning.

Sunday, April 5, 2020 | 10:00 am

Chiropractic, Nutrition and Stress Reduction

Do you have aches and pains, headaches, digestive issues or allergies? Dr. Cari Jacobson, owner of Be Optimal Holistic Health Center in Glenview, will teach us tools and strategies to help you balance your body holistically. Learn how stress and the fuel we put in affects how we function.

Sunday, May 17, 2020 | 10:00 am

Men's Health and Fitness

Glenn Moak from the A Body with Heart fitness studio in Northbrook, will present his unique take on how fitness affects men's health. Learn about the benefits of total body training, focusing on flexibility, cardiorespiratory, core, balance, and strength.

Breakfast by Men's Club will begin at 9:30 AM for each program at \$7 per person