



THE STEVEN A. GELMAN
MEMORIAL HEALTH FORUM

SAINT BARNABAS
HEALTH CARE SYSTEM
Saint Barnabas Medical Center
www.saintbarnabas.com

PROUDLY PRESENT
THE ELEVENTH ANNUAL STEVEN A. GELMAN MEMORIAL HEALTH FORUM

holistic health, healing and beyond

HERBS, SUPPLEMENTS AND NATURAL PRODUCTS:

How Do They Fit in Your Health Care Strategy?

THE MIND-BODY-SPIRIT BALANCE:

Techniques to Reach this Life-Changing Goal

MEDITATION, MASSAGE AND HYPNOSIS:

Are These Alternative Treatments Right for You?

INTEGRATIVE MEDICINE:

Achieving Wellness Through
Complementary Therapies and Conventional Care

Sunday, April 10, 2011 at 7:30 pm

Temple Beth Shalom ■ 193 E. Mount Pleasant Avenue, Livingston NJ
All are invited. Free admission. Open seating.



Adam Perlman, MD, MPH, FACP, Director of Integrative Medicine at SBHCS, founding Medical Director at the SBHCS Siegler Center for Integrative Medicine, and Executive Director of the UMDNJ Institute for Complementary and Alternative Medicine.



Dale Bellisfield, RN, AHG, a Registered Nurse, Holistic Health Practitioner, Clinical Herbalist at the SBHCS Siegler Center for Integrative Medicine, and professional member of the American Herbalists Guild.



Susan Weinstein, RN, BS, FACCE, HN-BC, a Registered Nurse, Board Certified Holistic Nurse, Director of the SBHCS Women's Health/Parent Education Department, and certified in Holistic Stress Management.

FOR MORE INFORMATION, CONTACT THE STEVEN A. GELMAN MEMORIAL HEALTH FORUM AT SAGMHF@COMCAST.NET OR SAINT BARNABAS MEDICAL CENTER AT 973.322.5425 OR 1.888.724.7123