

The International Schizophrenia Foundation & Orthomolecular Health

present the

Toronto Public Information Series, Winter 2010

Orthomolecular Nutrition

This series provides the public with introductory presentations on the benefits of Orthomolecular and nutritional therapy, an individualized, evidence-based medical approach used under the guidance of a health practitioner, to prevent and treat disease.

Wednesday, January 27, 7:00 pm
Beating Depression & the Winter Blues
Presented by **Tammy Grime, BSc, ND**

Wednesday, February 24, 7:00 pm
Understanding Fibromyalgia
Presented by **Leigh Arseneau, BSc, ND**

Wednesday, March 24, 7:00 pm
Mental Health Regained
with **Jonathan Prousky, ND, MSc,**
Tammy Grime, BSc, ND & Rosalie Moscoe, RHN, RNCP
*Presentations by practitioners and people with experience using
Orthomolecular Medicine, and their success stories.*

All sessions will be held at
Ontario Institute for Studies in Education (OISE)
252 Bloor Street West, Room 5260 (St. George Subway)

Admission is \$5 at the door.

Pre-registration is required as space is limited.

To register, please call (416) 733-2117 or email: centre@orthomed.org

Don't want to miss another event notice?
Subscribe to our e-mail event list at centre@orthomed.org



www.isfmentalhealth.org



www.helpyourselfcommunity.org