

Medical Matters **SERIES**

FALL 2026

Immunizations: What to Know at Every Age

Offered in Mt. Ida: Vaccines play a vital role in preventing serious disease and protecting individual and community health. This course explores recommended immunizations from infancy through older adulthood, the illnesses vaccines help prevent, and why some require boosters or titer checks over time. Participants will also learn where immunizations are available locally and how to stay informed about current vaccine recommendations.

Mon **6:00pm - 8/24** **Mt. Ida Center** **1** **\$20**
7:00pm

Healthcare in the Digital Age

Offered in Mt. Ida: Healthcare is increasingly shaped by technology, from virtual appointments to online medical records and at-home monitoring tools. This course examines telehealth, electronic health records, patient portals, and the benefits and challenges of digital healthcare—including internet access barriers for rural and low-income populations. Participants will also explore trusted health websites, strategies for protecting personal medical information, advances in home health technology, and the growing role of digital tools in medical education, research, and healthcare enrollment support.

Mon **6:00pm - 10/5, 10/12** **Mt. Ida Center** **2** **\$40**
7:00pm

Maternal Health

This four-part lecture series, taught by UARM's Allied Health Faculty and Clinical Staff, will cover a variety of topics related to maternal health, including perinatal health and wellness, medication safety, delivery process, postpartum recovery, pelvic floor health, breastfeeding and lactation, and car seat safety.

Tues **5:00pm - 9/15, 10/13,** **Allied Health** **4** **\$25**
7:00pm **11/17, 12/15** **Building**

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Practical Health and Home Remedies: Series (PHHR)

• 13 Classes Offered.

• **Deadline is the Friday before each class in the series.**

Each class in the Practical Health and Home Remedies Series is independent. Each class is \$15. You can sign up for any number of classes in the series.

PHHR: Reducing Pain with Herbs (1)

Herbalist Christye Gillan will be introducing various herbs that can help with all sorts of aches and pains. Attendees will also have the opportunity to make their own pain remedy for personal use.

Mon 6:00pm - 7:30pm 8/24 Spencer 255 1 \$15

PHHR: Reducing Pain with Massage (2)

Learn about the body's systems and treatments to support each. Take advantage of the free samples of oils and lotions that are beneficial for inflammation and sore muscles. Enjoy a free massage as Licensed Massage Therapists Abbie Alvarez and Preston Harris share simple massage techniques that can help alleviate pain.

Mon 6:00pm - 7:30pm 8/31 Spencer 255 1 \$15

PHHR: The Power of Poultices (3)

Learn how to make simple, effective poultices that can be of benefit for those suffering from pain, bites, stings, and topical infections. Herbalist Christye Gillan will provide ingredients and instructions for practical at-home use.

Mon 6:00pm - 7:30pm 9/14 Spencer 255 1 \$15

PHHR: Understanding Cancer (4)

Special guest Dr. Carmen Jones will talk about the various types of cancer, cancer triggers, and the terrain that allows cancer cells to grow and proliferate. Learn about cancer risks and solutions from a naturopathic approach.

Mon 6:00pm - 7:30pm 9/21 Spencer 255 1 \$15

PHHR: Essential Oils: Effective and Economical (5)

Are those tiny, expensive bottles really worth it? Learn how to use essential oils economically and effectively to help combat common issues such as urinary tract infections, bites and stings, pain, bruises, skin irritations, brown spots, wrinkles, sinus issues, headaches, burns, insomnia, respiratory issues, and so much more! Herbalist Christye Gillan will provide ingredients and instructions for making your own blends for at-home use.

Mon 6:00pm - 7:30pm 9/28 Spencer 255 1 \$15

PHHR: Mini-meal Mania! (6)

Come enjoy a free mini-meal with Abbie Alvarez, LMT, CT and learn how to meal-prep simple snacks and meals that are healthy along with healthy eating habit tools and rules.

Mon 6:00pm - 7:30pm 10/5 Spencer 255 1 \$15

PHHR: Hydrotherapy at Home (7)

Herbalist Christye Gillan will introduce types of water treatments that are very effective when fighting an illness, including when and how to use water treatments, as well as herbs that can be beneficial with hydrotherapy treatments.

Mon 6:00pm - 7:30pm 10/12 Spencer 255 1 \$15

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PHHR: Inflammation: Causes and Solutions (8)

Herbalist Christye Gillan, along with Abbie Alvarez, LMT, CT; and Parker Couch, CT will discuss the role of inflammation in the development of disease. The discussion will cover causes of inflammation, how the body responds to inflammation, possible solutions for various inflammatory responses, and learning how to measure anti-inflammatory efforts for best health results. Attendees will receive a discount coupon for medical thermographic imaging for inflammation health discovery.

Mon 6:00pm - 7:30pm 10/19 Spencer 255 1 \$15

PHHR: The Cancer-Inflammation Connection (9)

Special guest Dr. Carmen Jones will discuss practical ways to decrease the body's inflammatory response in order to "cool the fire at the root."

Mon 6:00pm - 7:30pm 10/26 Spencer 255 1 \$15

PHHR: Fasting & Diets (10)

Restrictions, pills, shots, and surgeries: Find out what works and what does not work in the quest for weight loss and overcoming disease. Herbalist Christye Gillan will help attendees sift fact from fiction, provide practical protocols, and share some craving-killing recipes with some yummy samples.

Mon 6:00pm - 7:30pm 11/2 Spencer 255 1 \$15

PHHR: Resilience in Stress: Using Herbs to Combat Stress (11)

Herbalist Christye Gillan will be sharing multiple herbs that can help manage stress. Adaptogenic herbs increase attention and endurance in fatigue, and prevent, mitigate, and reduce stress-induced impairments and disorders related to neuroendocrine and immune systems.

Mon 6:00pm - 7:30pm 11/9 Spencer 255 1 \$15

PHHR: Herb & Food Pharmacy (12)

This is the perfect time and place to commit to being healthy during the holiday, winter, and flu season! Herbalist Christye Gillan will share practical tips on building up the immune system. In addition, learn how to recognize and deal with illnesses quickly! This is a great seminar that will summarize and synthesize several previous seminar topics.

Mon 6:00pm - 7:30pm 11/16 Spencer 255 1 \$15

PHHR: From Toxic Load to Cellular Charity (13)

Special guest Dr. Carmen Jones will discuss how to safely and effectively detoxify the body to help prevent signs of aging, illness, and cancer.

Mon 6:00pm - 7:30pm 11/30 Spencer 255 1 \$15