

RICE DIET EDUCATIONAL SERIES

February 2007

Thurs	1st	9:45 9:45 11:15 1:30	Mindfulness Meditation with Joy Anandi, CYT Weekly Orientation [for <u>new</u> pts] with Bobbie Stanford, RD, LDN Meal Prep Part I: with Maura Lairson, Meredith Graduate Intern Lecture/Discussion with Dr. Neelon
Fri	2nd	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Meal Prep Part II: Maura and Ryan
Sat	3rd	9:45	Yoga with Joy Anandi, CYT
Mon	5th	9:50 11:15 1:30 2:45 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Exploring Your Motivation with Dr. Ronnie Kolotkin, PhD Going Home Talk with Ryan Sobus, MPH, RD, LDN Walk the Wall with Ryan Fireside Chat with Dr. Rosati
Tues	6th	9:45 11:15 1:30	Mindfulness Meditation with Jeff Georgi, M. Div Psychology of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn Craft, BA. Div/Ord.
Wed	7th	9:45 11:15 1:30 3:00 4:30	Yoga with Susan Levy Antioxidant Vitamins: Helpful, Harmful, or Infectious? Dr. Seigfried Heyden, MD, PhD What Gets in the Way with Jeff Georgi, M. Div How to Sustain Change with Jeff Georgi, M. Div Transitions Group with Jeff (see Jeff for registration)
Thurs	8th	9:45 9:45 11:15 1:30 6:15	Yoga with Susan Levy Weekly Orientation [for <u>new</u> pts] with Bobbie Stanford, RD, LDN After Care with Bobbie Stanford, RD, LDN Lecture/Discussion Group with Dr. Neelon Life Under the Nazis with Dr. Seigfried Heyden, MD, PhD
Fri	9th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Taste of the Rice Diet Store with Susan Levy
Sat	10th	9:45	Yoga with Joy Anandi, CYT
Sun	11 th	1:30	Take Care of Your Skin with a Mary Kay Consultant
Mon	12th	9:50 11:15 1:30 2:45 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Binge Eating I: What is Binge Eating? Patricia Esperon, MSW, LCSW Sodium Synopsis with Kitty Rosati, MS, RD, LDN Walk the Wall with Ryan Monday Night Movie Premier: The Future of Food
Tues	13th	9:45 11:15 1:30	Mindfulness Meditation with Jeff Georgi, M. Div Social Variables of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn, BA, Div/Ord.
Wed	14th	9:45 11:15	Yoga with Joy Anandi, CYT Binge Eating II: Dealing w/ B.E. Patricia Esperon, MSW, LCSW

PLEASE CHECK THE WEEKLY SCHEDULE OF CLASSES POSTED IN THE DINING ROOM
FOR CHANGES TO THIS SCHEDULE.

RICE DIET EDUCATIONAL SERIES

February 2007

		1:30 3:00 4:30	Hunger Gatherer/ Farmer ADHD with Jeff Georgi, M. Div Craving Management with Jeff Georgi, M. Div Transitions Group with Jeff (see Jeff for registration)
Thurs	15th	9:45 9:45 11:15 1:30	Yoga with Susan Levy Weekly Orientation [for <u>new</u> pts] with Bobbie Stanford, RD, LDN Inner Healing with Kitty Rosati, MS, RD, LDN Lecture or Discussion with Dr. Neelon
Fri	16th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Oil and Vinegar Tasting with Dr. Rosati and Susan Levy Visceral Fat vs Adipose Fat with Dr. Seigfried Heyden, MD, PhD
Sat	17th	9:45	Yoga with Joy Anandi, CYT
Mon	19th	9:45 11:15 1:30 2:45 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Planning For High Risk Situations with Dr. Ronnie Kolotkin, PhD Going Home Talk with Ryan Sobus, MPH, RD, LDN Walk the Wall with Ryan Monday Night Movie Premier: Al Gore's An Inconvenient Truth
Tues	20th	9:45 11:15 1:30	Mindfulness Meditation with Jeff Georgi, M. Div Spirituality of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn Craft, BA, Div/Ord
Wed	21st	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi, CYT Perfectionism and Weight with Patricia Esperon, MSW, LCSW Finding Your Dream with Jeff Georgi, M. Div Getting the Support You Need with Jeff Georgi, M. Div Transitions Group with Jeff (see Jeff for registration)
Thurs	22 th	9:45 11:15 1:30	Yoga with Susan Levy After Care with Bobbie Stanford, RD, LDN Lecture/ Discussion with Dr. Neelon
Friday	23rd	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Cooking Class with Susan Levy
Sat	24 th	9:45	Yoga with Joy Anandi, CYT
Mon	26 th	9:50 11:15 1:30 2:45 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Journalizing with Kitty Rosati, MS, RD, LDN Transforming a Day's Intake with Ryan Sobus, MPH, RD, LDN Walk the Wall with Ryan Fireside Chat with Dr. Rosati
Tues	27 th	9:45 11:15 1:30	Mindfulness with Jeff Georgi, M.Div Biology of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn Craft, BA, Div/Ord
Wed	28th	9:45 11:15 1:30 3:00	Yoga with Joy Anandi, CYT Weight and Intimacy with Patricia Esperon, MSW, LCSW Aging with Jeff Georgi, M. Div Men's Brains vs Women's Brains with Jeff Georgi, M. Div

PLEASE CHECK THE WEEKLY SCHEDULE OF CLASSES POSTED IN THE DINING ROOM
FOR CHANGES TO THIS SCHEDULE.

RICE DIET EDUCATIONAL SERIES

February 2007

	4:30	Transitions Group with Jeff (see Jeff for registration)
--	------	---

BIOGRAPHICAL SKETCH OF GUEST SPEAKERS

Carolyn Craft BA/ Div. Ord

As Life Coach and Spiritual Therapist, Television/Radio Host, Minister, Speaker, Corporate Executive and Recording Talent, Carolyn Craft has been sharing her insights in the field of healthier living, personal growth, and social consciousness for over 35 years. She challenges her audiences and clients to make positive changes in their lives. As a native of Chapel Hill, NC, her career began with a degree in Communications from UNC. In addition to her private counseling practice in the Triangle area, she is showcased nationally through her radio show *'Waking Up with Carolyn Craft.'* She has blended her television, radio and business experience with her 15-year career as an ordained Unity Minister to bring about transformational shifts for persons worldwide.

Jay Dunbar, PhD

Dr. Jay Dunbar is Director of the Magic Tortoise School located in the Research Triangle area. The school offers classes, workshops, private tutoring and teacher training in taijiquan, qigong, and related studies. Jay's dissertation (Ph.D., Education, UNC-1991) was on taijiquan instruction in America. He has served as chief judge of forms and push-hands in numerous tournaments. He is a senior student of the late Grandmaster Jou, Tsung Hwa.

Joy Anandi, CYT

Joy, a certified yoga teacher (CYT), has practiced and taught all levels of yoga for over 30 years. As a survivor of two bouts of cancer, using both traditional and alternative treatments, she has dedicated her life to sharing her experiences and knowledge to awaken the healing powers inside to heal body, mind and spirit. In 1989, Joy took a four year sabbatical study with Kali Ray, living the lifestyle of a yogini, using a vegan diet as medicine for prevention of cancer and other life threatening illnesses. Kali Ray is a world renowned yogini and founder of Kali TriYoga International. Joy has created FLOWING GENTLE PATH YOGA, a healing system for chair bound people, using pranayama (breath regulation) and hatha yoga (physical exercise). She is also a spokesperson for the Triangle Vegetarian Society

Patricia Esperon, MSW, LCSW

Patricia Esperon is a Magna Cum Laude graduate of Duke University. She received a Masters in Social Work from University of North Carolina at Chapel Hill in 1991, where she received the Katherine Banham scholarship for her work in the area of mental health. Ms. Esperon was a therapist and lecturer at Duke from 1995 – 2002 and continues to address numerous topics associated with weight management. Since opening her private practice, Ms. Esperon has continued working with clients who are struggling with weight disorders, as well as depression, anxiety, and trauma. In addition, Ms. Esperon has provided psychological evaluations for patients considering gastric bypass surgery at the Duke University's Bariatric Clinic. Ms. Esperon has been quoted in such national magazines as Good Housekeeping, Shape, My Generation, and Real Simple and appeared on the television program 60 Minutes.

Ronnie Kolotkin, PhD

Dr. Ronette "Ronnie" Kolotkin is a clinical psychologist in private practice who for over 20 years has specialized in the treatment of obesity, binge eating, and issues related to improving

PLEASE CHECK THE WEEKLY SCHEDULE OF CLASSES POSTED IN THE DINING ROOM
FOR CHANGES TO THIS SCHEDULE.

RICE DIET EDUCATIONAL SERIES

February 2007

the quality of life of persons with obesity. She is the former director of the Behavioral Program at the Duke University Diet and Fitness Center, co-author of a book on obesity treatment, developer of an audio CD for weight loss, and developer of a questionnaire that assesses the impact of weight on quality of life.

Maura Lairson, BS (Meredith College Intern)

Maura Lairson, BS Maura Lairson is a dietetic intern from Meredith College in Raleigh where she is working on a master's degree in nutrition. Maura earned a Bachelor of Science degree at the University of Cincinnati, in Cincinnati, Ohio, where she also worked as a research assistant. Maura plans to sit for the registered dietitian (RD) exam this summer and hopes to work as a dietitian at a wellness program like the Rice Diet. She plans to complete her master's degree next year when she will write a thesis exploring the relationship between organic foods and human behavior.

Siegfried Heyden, PhD, MD

Much of Dr. Heyden's early life was surrounded by political events leading to WWII and the persecution of Jews by the Nazis. Dr. Heyden studied medicine and theology at the Universities of Berlin and Zurich following WWII. He completed all his medical training in Jewish hospitals in Baltimore, Philadelphia, and Berlin, before earning his PhD degree in Zurich. In 1966, he was promoted to Professor of Medicine at Duke University Medical Center in Durham, North Carolina, pursuing a lifetime interest in preventive medicine.

Vitality Personal Training

Kathryn Kubiak, PT, MS, NASM-CPT is the owner of Vitality Personal Training, a mobile personal training studio. Her services may be provided in the comfort and convenience of your own home or hotel room. She specializes in geriatrics, and has experience in addressing the needs of individuals with chronic medical conditions and physical impairments. With a strong interest in wellness, Kathryn started Vitality Personal Training to devote her knowledge, skills, and energy toward the prevention of injury and illness in her clients. Register for classes at the Rice House every Thursday at 2:30pm (\$10 for registration).

Movie Premiers

Get informed and involved, and join us as we preview two of the nations most controversial and eye opening films. *The Future of Food* provides an overview of the key questions raised by consumers as they become aware of genetically modified foods. Following, Al Gore's film *An Inconvenient Truth* eloquently weaves the science of global warming with his personal history and lifelong commitment to reversing the effects of global climate change. These will air **Monday January 15th and 29th at 6:15pm** at the Rice House. Bring your friends and make a difference.