

RICE DIET EDUCATIONAL SERIES

January 2007

Mon	1st	9:45 11:15 1:30	Yoga with Susan Levy What is a Lifestyle Change? Dr. Ronnie Kolotkin, PhD Going Home Talk with Ryan Sobus, MPH, RD, LDN
Tues	2nd	9:45 11:15 1:30	Mindfulness Meditation with Carolyn Craft Communication that Heals with Carolyn Craft, BA, Div/Ord. Supermarket Sweep with Ryan Sobus, MPH, RD, LDN
Wed	3rd	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi, CYT Understanding Nutrition with Ryan Sobus, MPH, RD, LDN Biology of Dysregulated Eating with Jeff Georgi, M. Div The Cortisol Story with Jeff Georgi, M. Div Transitions Group with Jeff (see Jeff for registration)
Thurs	4th	9:45 9:45 11:15 1:30	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 with Dr. Neelon
Fri	5th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Your Brain and Relationships with Jeff Georgi, M. Div
Sat	6th	9:45	Yoga with Joy Anandi, CYT
Mon	8th	9:50 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Weight and Perfectionism with Patricia Esperon, MSW, LCSW Strength and Balance with Vitality Personal Training Fireside Chat with Dr. Rosati
Tues	9th	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	10th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi, CYT Positive Self Affirmations Dr. Ronnie Kolotkin, 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	11th	9:45 9:45 11:15 1:30	Yoga with Susan Levy Weekly Orientation [for <u>new</u> pts] with Bobbie Stanford, RD, LDN Surviving Your Social Life with Ryan Sobus MPH, RD, LDN Lecture or Discussion Group with Dr. Neelon
Fri	12th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Hypertension with Dr. Seigfried Heyden, MD, PhD Cooking Class with Susan Levy
Sat	13th	9:45	Yoga with Joy Anandi, CYT
Mon	15th	9:50 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar, PhD Responding to Relapse with Patricia Esperon, MSW, LCSW Locally Grown/Organic Food with Kitty G. Rosati, MS, RD, LDN Movie Premier: The Future of Food

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

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Tues	16th	9:45 11:15 1:30 2:30	Mindfulness Meditation with Jeff Georgi, M. Div Social Variables of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn, BA, Div/Ord. Walk the Wall with Ryan (meet in the front of the Rice House)
Wed	17th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi, CYT Eating and Emotions with Dr. Ronnie Kolotkin, PhD Hunger Gatherer/ Farmer ADHD with Jeff Georgi, M. Div Craving Management with Jeff Georgi, M. Div Transitions Group with Jeff
Thurs	18th	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 or Discussion with Dr. Neelon Game Night at the Rice House
Fri	19th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Food Politics II: Slow Foods, GMO Foods, and Global Views. Dr. Eilene Bisgrove, PhD, MPH
Sat	20th	9:45	Yoga with Joy Anandi, CYT
Mon	22nd	9:45 11:15 1:30 6:15	T'ai Chi with Dr. Jay Dunbar Binge Eating Part I: What is Binge Eating? Patricia Esperon, MSW, LCSW Get Up and Move with Vitality Personal Training Book Signing: The Rice Diet Cookbook
Tues	23rd	9:45 11:15 1:30 2:30	Mindfulness Meditation with Jeff Georgi, M. Div Spirituality of Dysregulated Eating with Jeff Georgi, M. Div Open Group with Carolyn Craft, BA, Div/Ord Craft Hour at the Rice House
Wed	24 th	9:45 11:15 1:30 3:00 4:30	Yoga with Joy Anandi, CYT Binge Eating II: How to Deal w/ Bing Eating 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
Thurs	25 th	9:45 11:15 1:30 6:15	Yoga with Susan Levy Transforming a Day's Intake with Ryan Sobus, MPH, RD, LDN Lecture/ Discussion with Dr. Neelon Life Under the Nazis with Dr. Seigfried Heyden, MD, PhD
Friday	26th	9:45 11:15 1:30	Yoga with Joy Anandi, CYT Group with Dr. Rosati Cooking Class with Susan Levy
Sat	27 th	9:45	Yoga with Joy Anandi, CYT
Mon	29 th	9:50	T'ai Chi with Dr. Jay Dunbar

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		11:15	Body Image with Dr. Ronnie Kolotkin, PhD
		1:30	Going Home Talk with Ryan Sobus MPH, RD, LDN
		6:15	Movie Premier: Al Gore's Movie <i>An Inconvenient Truth</i>
Tues	30 th	9:45	Mindfulness with Jeff Georgi, M.Div
		11:15	Biology of Dysregulated Eating with Jeff Georgi, M. Div
		1:30	Open Group with Carolyn Craft, BA, Div/Ord
		3:00	Clothing Swap: Have you changed sizes?
Wed	31 st	9:45	Yoga with Joy Anandi, CYT
		11:15	The HDL story- what is good Cholesterol? Dr. Heyden, MD, PhD
		1:30	Aging with Jeff Georgi, M. Div
		3:00	Men's Brains vs Women's Brains with Jeff Georgi, M. Div
		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, 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.

Eilene Bisgrove, PhD, M.Div.

Dr. Eilene Bisgrove earned a Masters degree in Biostatistics in 1985 and a Ph.D. in Public Health Nutrition in 1991, both from the University of North Carolina. In 2002, she completed a Masters degree (M.Div.) with the Duke University Divinity School. As a Research Scientist with the Carolina Population Center and Family Health International, she worked in health research, policy, and advocacy in developing countries for over 15 years, taught courses at UNC-Chapel Hill and Duke University, and has published articles in scientific journals and textbooks. As a Nutrition Consultant, she specializes in health promotion, disease prevention, and disability advocacy.

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

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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

Kathryn Kubiak, PT, MS, NASM-CPT

Kathryn 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).

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 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.

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.

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Highlights for the Month:

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.

Cardio Classes with Vitality Personal Training:

Get moving with aerobic classes right here at the Rice House! Vitality Personal Training will be hosting classes **every Thursday at 2:30pm**. Registration is only \$10 per class, and we need at least 10 people to sign up, so bring your friends and get moving!

Clothing Swap

Have you changed sizes? Bring in your old clothes, and swap them out for some new ones! Meet in the inspiration room on **Tuesday January 30th at 3:00pm**.

Game Night:

Stay and play at the Rice House on **Thursday January 18th from 6:30 to 8:30pm**. We'll have a good ol' fashion family game night with cards, board games, music, and bingo!

Craft Hour at the Rice House:

Paint Your Own Rice Bowl on **Tues Jan 23rd at 2:30pm**. Not only is this therapeutic, but you will have a "rice bowl" to take home and use for perfect portions each time. Ryan will bring all the supplies you need to the Rice House, then take them to have them "fired up." Keep them for yourself, or pair up with a friend and give each other a nice hand-made gift. Registration is \$15 per person, and you must sign up by Monday January 8th.