



Welcome!

The Truth about Alternative Medicine

So many questions and so little time! We realize that when attending seminars, it can sometimes feel as though you are drinking water from a firehose, so feel free to use this worksheet as a tool to help you prepare for the audience Q & A portion of the program at the end. Remember... **every question is a GOOD question!!!!**

Hosts/Moderator:

- Annette & Brett Junell, Downsizing Coaches & Realtors, Junell Realty Group – Retired Moves Division @ Keller Williams (775) 432-6300

Panelists:

- Leslie Baker, PharmD., Director, Geriatric Pharmacy Services, Sanford Center for Aging, School of Medicine, University of Nevada, Reno
- Dr. Howard Chen, MD, Integrative Medicine Physician, The Chen Center

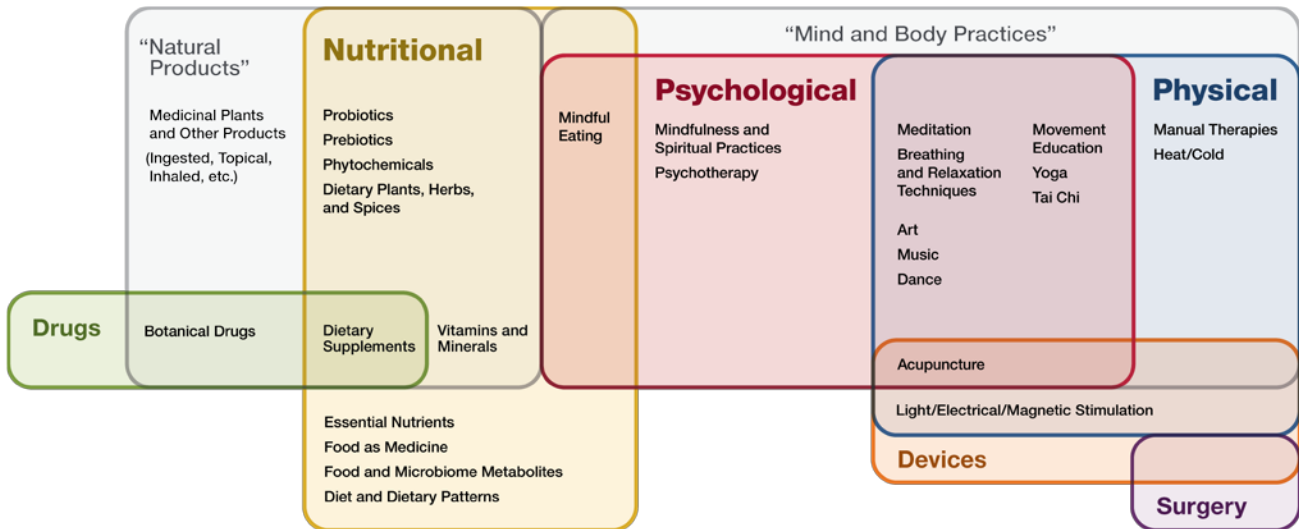
My burning question starters:

I was wondering... I am curious about... I had this friend who wanted to know...
What if... I've always wanted to know... I heard... Would you clarify...

My burning question(s):

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**Examples of complementary health approaches that fall within the categories:
Psychological, Physical, and Nutritional**



Source: National Institute of Health

Notes:

Resource(s):

- National Center for Complementary and Integrative Health, National Institute of Health <https://www.nccih.nih.gov/>
- Consumer Lab - Reviews of Supplements and Nutritional Products: <https://www.consumerlab.com/>
- Medication Therapy Management Program – Sanford Center for Aging, School of Medicine UNR: <https://med.unr.edu/aging/outreach/mtm> (775) 784-1612
- Dr. Howard Chen, MD, Integrative Medicine Physician, The Chen Center (775) 451-2436