



Loudoun CFS & FM / Chronic Pain Health Seminar Group

Five Saturday Afternoons in 2009, 2:00 - 4:00 pm

held at the

Inova Loudoun Hospital, 44045 Riverside Parkway, Leesburg, VA 20176
Conference Room A/B - Across from the Birthing Inn, around back of Hospital

February 7



**Thomas Ziegler,
Pharmacist
Medicap Pharmacy**

A pharmacist from Ashburn, VA, will address the group and answer questions about various medication issues. Those with chronic conditions often have complicated drug and supplement situations. Having a pharmacist as an active part of your health care team can be a great asset.

April 4



**Brian Wallit, MD, MPH
Rheumatologist
Georgetown University**

"Fibromyalgia (FM)"
Looking at FM from a historical perspective; from a framework for how the experience of FM consciousness is perpetuated; and through recent understandings in brain science. Looking at a range of treatment issues for Fibromyalgia.

June 6



**Martha Calihan, MD
Family Medicine,
Holistic Medicine,
Leesburg, VA**

Dr. Calihan combines modalities from many medicine traditions and approaches each patient from a unique vantage point with personalized care for optimal health and well being. She offers Mind-Body Medicine, Functional Medicine, & Integrated care.

September 5



**Jonathan Gilbert
NCCAOM Herbalist &
Acupuncturist
TheGilbertClinic.com**

"When Pushing Stops Working" A nervous system can only be pushed so far before it gets stuck in a wide variety of unusual symptoms. Chinese medicine has the depth to calm the nerves down and rejuvenate health -- with your help.

November 7



**Beth Eckhaus
Certified Holistic Health
Counselor, Leesburg, VA**

A nutritionist as well as a counselor, Beth's focus is on increasing a sense of well-being and integrating the mind, body and spirit. She offers innovative ways to understand lifestyle and nutrition ideas. She counseled in Thailand before VA.

For more information or to sign up for meeting reminders by email, contact facilitator Elly Brosius at (703) 968-9818, write cfsupport-owner@yahoo.com or visit www.geocities.com/cfsnova/events.html