

Resources for Resilience and Immunity

Weeks 2-9 Fall Quarter Online workshops

Week 2: Saturday Oct. 8th, 10-11:30 am Charles Lev, LAC
Chinese Medicine and Immunity

Charles Lev will present practices to develop immunity and resilience in the body's Weiqi fields for vibrant health.

<https://www.ohsu.edu/providers/charles-rothschild-lev-lac>

Week 4: Monday Oct. 17th, 6-8pm Shariff Abdullah, J.D.
Creating A World that Works for All

Dr. Abdullah will speak on creating societal transformation based on common human and spiritual values.

<http://shariff.commonway.org/>

Week 4: Saturday Oct. 22nd, 10-11:30 am Dr. Keith Wallace
**Self-Empower: Neuroadaptability,
Ayurveda and Microbiome**

Dr. Wallace will address self-coaching practices based on Neuroadaptability for lifestyle habit changes for vibrant health.

<https://docqut.com/about-dr-robert-keith-wallace/>



evergreen

Week 5: Thursday Oct. 27th, 10- noon

Drs. Andy Benjamin and Wren Hudgins, WA State Dept. of Health

De-escalation Training

This workshop will present de-escalation skills and strategies for clear, effective communication.

<https://psuris.com/andybenjamin>

<https://mentaltherapy.io/psychologist/dr-edward-wren-hudgins-ti-phd-issaquah/>

Week 5: Saturday Oct. 29th, 10-11:30 am. Dr. Kavita Chinnaiyan

The Heart of Wellness: Transform Your Habits, Lifestyle and Health with Integrative Medicine and Ayurveda

Dr. Chinnaiyan will present integrative health paradigms based on Modern medicine and ancient wisdom of Yoga, Vedanta, and Ayurveda.

<https://sctt.org/page/BioKavithaChinnaiyan>

Week 6: Saturday Nov. 5th, 10- 11:30 am. Dr. Roger Jahnke

Qigong and the Healer Within

Dr. Jahnke will present on how the most profound medicine is within us through the balance and harmony of physiology, Mind, and Spirit.

http://www.feeltheqi.com/Dr_Jahnke/

Week 7: Saturday Nov. 12th, 10- 11:30 am Deb Dana: LCSW

Anchored: Navigating through Turbulent Times with Polyvagal Theory

Deb Dana will present on how polyvagal theory can help navigate our personal lives through becoming an active operator of the nervous system for extraordinary experiences.

<https://www.rhythmofregulation.com/about>

Week 9: Saturday Dec. 3, 11- 12:30 pm Master Liu He

Qigong and Seasonal Health

Master Liu He will present a workshop on qigong and Lifestyle medicine for immunity during seasonal changes.

<https://linggui.org/about/master-liu-he/>

For Zoom links, contact: Dr. Mukti Khanna

khannam@evergreen.edu