



COMMUNITY CONVERSATIONS

Winter 2014



Health and Wellness in Our Community

Free Brown Bag Presentation/Discussion Series
12-1 p.m., Thursdays • January 16-March 13
Lower Columbia College, Now in Main Building, Room 119

January 16

Place Matters:

What Determines Our Health?

Paul Youmans, Executive Director Pathways 2020, Cowlitz County

February 20

Restorative to Hot Yoga:

Paths to Wellness and Strength

Desiree Ouellette, Owner/Instructor, Holos Yoga, Longview

January 23

Wellness & Prevention:

A Matter of Life and Death

Anik St. Martin, Doctor of Chiropractic,
Advantage Chiropractic and Massage, Longview

February 27

Food, Weight, and Exercise:

**The Truth Behind Our Obesity Epidemic and
Strategies for Successful Change**

Elena Ross, Lower Columbia College Physical Education Instructor

January 30

School Gardens:

Real Food, Real Life Lessons

Ian Thompson, Director, Lower Columbia School Gardens

March 6

Mental Health in America:

Compassion or Incarceration?

Michael Strayer, Lower Columbia College Psychology Instructor

February 6

Living Well to Prevent Diabetes:

**Early Detection, Aggressive Treatment,
and Optimal Glycemic Control**

Annette Ward, Lower Columbia College Nursing Instructor,
and Christine Trabucco, Diabetic Educator at PeaceHealth SW
Medical Center in Vancouver

March 13

**Mobilizing Collective Impact for Health:
The Cowlitz County Health & Human Services
Community Health Improvement Plan**

Michael O'Neill, Community Mobilization Coordinator,
Cowlitz County Health & Human Services

February 13

The Affordable Care Act In Washington State

Amber Rosewood, Community Relations Liaison,
Family Health Center, Longview



For more information on
Community Conversations
go to lowercolumbia.edu