



Bauman Fall Wellness Week

September 18-26, 2021

Weathering the Storms of Change



ZOOM Instructions

All daily sessions begin at **8am, 11am, 12:30pm** (networking), **2pm, 4pm** and **7pm** Pacific Time (PT), with breaks in-between.

Please note that all sessions on all 9 days have the same ZOOM ID and PassCode.

For easy one step log-in, click on this [ZOOM](#) link for all events, anytime during all 9 days.

If the auto log-in does not work, join manually with the following link for all events, anytime during all 9 days:

Log in to <https://www.Zoom.us/join>

Enter ZOOM ID# - **821-0432-4055**

Enter PassCode: **2021-09-18**

ZOOM Guidelines:

- please mute your microphone until the open Q&A sessions begins;
- all sessions will be recorded;
- please use monitored chat room for any questions, ideas and reflections; and
- if you have not already done so, please register for free at <https://www.baumanwellness.co>, to access PDF's, networking and chats with moderators and facilitators

SurveyMonkey Survey:

- Please help us help you by taking 2 minutes to answer 3 questions in our [survey!](#)

Please email us at info@baumanwellness.co for any questions or comments.

Thanks for participating in Bauman Fall Wellness Week. Your team at Bauman Wellness

CALENDAR OF EVENTS

Bauman Fall Wellness Week - weathering the storms of change

Times	Sat-Sep-18	Sun-Sep-19	Mon-Sep-20	Tue-Sep-21	Wed-Sep-22	Thu-Sep-23	Fri-Sep-24	Sat-Sep-25	Sun-Sep-26
8am-PT	Laughter Yoga	Covid Protection Roundtable	Gentle Yoga	Peace Meditation	Chi Self Massage	Laughter Yoga	Workplace Virtues	Covid Recovery Roundtable	Breakfast Tea
11am-PT	Weathering Storms of Change	Mental Wellness	Immune Resilience	Radical Diversity	Climate Healing	Food Wellness-Tech	Social Emotional Learning	Healing Foods	Film Talk- Inside Out
2pm-PT	The Artist Within	Eating Seasonally	Affordable Nutrition	Greening Sacred Spaces	Backyard Gardening	Couple Wellness	Mushroom Medicine	Herbs & Spices	Joyful Family Meals
4pm-PT	Ancestor Stories	Film Talk Eat-Pray-Love	Releasing Pain	UN Day of Peace	Home Fermenting	Water is Life	Sleep	Celebrating Berkeley Community	Reflections & Commitments
7pm-PT	Musical Collaborations			Understand Trauma	Honoring the Equinox	Art for Wellness	Soulful Sharings		

12:30 to 1:30pm Lunchtime Virtual Networking Everyday

White on Orange Colored Events are Hybrid Virtual and Physical Events at 1007 University Ave., Berkeley, CA

Calendar of Events - By Days

Saturday, September 18th

8:00am-9:00am PT: Laughter Yoga, Part 1

- Experience joy in the morning to enliven your day
- [Neeta Merchant](#) - **Holistic Nutrition Consultant**
- Join us to participate in a Laughter Yoga session which will consist of Laughter Yoga exercises, a laughter meditation and guided relaxation to ignite higher energy and awakens a more joyful mental attitude.

11:00am-12:00pm PT: Weathering the Storms of Change

- Wellness holds the key to resilience
- **Host:** [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)
- We are all mightily challenged by the stressors of climate change, Covid and socio-economic injustice. Wellness provides a way to navigate mental and physical crisis management and long-term sustainability. Learn how to implement foundational wellness practices to support personal and community resilience and recovery.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: The Artist Within

- Inviting the inner artist to come out and play
- [Christina Wright](#) - **Arts and Wellness Educator/Character and Leadership Development Facilitator**
- We all have an inner artist who yearns to come out and play. In this interactive workshop, participants will have the opportunity to bring out their inner artist and engage in different art modalities that are conducive to overall wellness.

4:00pm-5:00pm PT: Ancestor Stories

- Share treasured stories to connect with cultural roots
- [Vidhu Singh, Ph.D.](#) - **Freelance Dramaturg/Theater Director/Educator**
- In sharing positive stories of our ancestors, we honor them, and bring call forth their strength to help us deal with our present reality. Connecting with our cultural roots strengthens our self-esteem and reminds us that we are a living legacy to our grandparents their predecessors.

7:00pm-8:30pm PT: Musical Collaborations

- A fun and relaxing exploration of emergent global culture.
- [Sandy Hoover](#) - **Founder/ Product Architect at mixmi.app**
- Conversations, mixes and clips of how music reminds us of our shared identity. Sharing examples of how the best developments in music are increasing connectiveness.

Sunday, September 19th

8:00am-9:00am PT: Covid Protection Roundtable

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- A balanced, evidence-based update on CoVid protection strategies
- **Host: [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)**
- **Dr. Christopher Hobbs - 4th generational internationally renowned herbalist**
- **[Dr. Sally Lamont](#) - functional medicine and [Dr. Sally's Kitchen](#)**
- **[Sunjya Schweig, MD](#) - founder of [California Center for Functional Medicine](#)**
- Join our esteemed panel of clinicians and researchers to understand the risks we face, and options we have how to stay well during this ongoing crisis, aggravated by politics, economy, and conflicting ideologies. Bring your questions about vaccines, variants, masks, transmissibility, wellness practices and allopathic ways to build resilience and minimize risk of acute, and long-haul infection and co-morbidities.

11:00am-12:00pm PT: Mental Wellness

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Nourishing Mental Wellness
- **Host: [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)**
- **[Christina Wright](#) - Arts and Wellness Educator/Character and Leadership Development Facilitator**
- Join Dr. Bauman and Christina Wright to gain new insight into food/mood, gut/brain, nerve/immune relationships. We are suffering like never before. The pandemic has held us hostage for the past year and a half, and we really do not know what's next. The toll from infection, isolation and insecurity has been enormous. Those with the greatest physical, mental, and emotional vulnerability have been the hardest hit. I will present an integrative model to explain the roots of mental illness and the path toward mental wellness using food, herbs, nutrition, and mindfulness — plus social and spiritual support. And I will introduce these two special programs: [Brighten Up Through Optimal Wellness: Heal Anxiety, Depression, and Insomnia \(BU\)](#) and [Resilience and Recovery Programs: Building Health and Immunity \(RNR\)](#)

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Eating Seasonally

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Nourishing reasons to eat with the seasons
- **[Lauren Bryson](#) - Holistic Nutritionist**
- **[Em Luisi](#) - Holistic Nutrition Consultant & Energy Practitioner**
- Eating seasonally nourishes you and your loved ones, plus supports your local community, environment and economy. We will share how to eat seasonally and prepare one of our favorite fall recipes.

4:00pm-5:00pm PT: Film Talk 'Eat, Pray, Love'

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

Learning wellness practices from the movies

- **[Christina Wright](#) - Arts and Wellness Educator/Character and Leadership Development Facilitator**
- Film, as a narrative and visual art form, has the power to evoke empathy and call upon us to think about how we view ourselves, our community and our overall place in the world. Join Christina for a film night to view clips from the movie *Eat, Pray, Love* (2010) and engage in wellness activities inspired by the film's story, focused on letting go, honoring our authenticity and embracing transformation.

Monday, September 20th

8:00am-9:00am PT: Gentle Yoga

- Breathe and move with us to gather energy and tap into your natural flow.
- **Rebecca Plotkin - Yoga Instructor**
- A gentle all-levels movement practice to breathe, enjoy moving, and gain more energy in our everyday lives.

11:00am-12:00pm PT: Immune Resiliency

- An overview of our exquisite immune system
- **Host: [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)**
- **[Alan Gale](#) - CEO at [Aimee Health](#)**
- Learn evidence-based nutrition and wellness practices to build resilience and empower us to respond to a myriad of threats to our individual and collective well-being.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Affordable Nutrition

- Learn how to eat healthfully on a budget (live food demonstration)
- **[Lauren Bryson](#) - Holistic Nutritionist**
- **[Neeta Merchant](#) - Holistic Nutrition Consultant**
- Join us for an affordable nutrition food demonstration. We will create an easy and nourishing meal that fits within your family's budget.

4:00pm-5:00pm PT: Releasing Pain

- A hand-on session where we will learn to use touch to alleviate pain
- **Cynthia Ribeiro**
- Join Cynthia, the founder, National Holistic Institute Advanced Neuromuscular Therapy Program to learn how to unlock the bio-psycho-social contributors to pain and release them through touch, movement, and mindfulness.

8:00am-9:00am PT: Peace Meditation

- Peace begins within
- [Neeta Merchant](#) - Holistic Nutrition Consultant
- Join us to participate in a heart-centered meditation on this International Day of Peace to join with others worldwide to embody the energy to support a peaceful, equitable and sustainable world.

11:00am-12:00pm PT: Radical Diversity

- [Shalonda Ingram](#) - founder of [Born Brown All Rights Reserved](#)
- [Sylvia Doss](#) - founder [Open Circles](#) HR consulting
- [Anna Rescate](#) - LGBTQ+ Communications Specialist for PRIDEnet
- [Dior Ashley Brown](#) – founder [DC Music Summit](#)
- [Ariel Vegosen](#) – CEO, [Shine Diversity](#)
- A roundtable conversation around the intersections of JEDI - Justice, Equity, Diversity and Inclusion and broader definitions of wellness.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Greening Sacred Spaces

- [Tracey Whiteye](#) - Oshkaabewis Kwe, which means a woman helper or messenger in Objibwe language.
- Honour mother earth and future generations with story-telling, songs and prayers. Share the water ceremony will honour the four directions around the sacred fire. Engage the sacred bundles and other indigenous women who are Berry Fasters, will be present. We will be streaming this live event from London, Ontario, Canada

4:00pm-5:00pm PT: UN International Day of Peace

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Peace Pole Unveiling
- Join us for a Peace Pole unveiling devoted to commemorating and strengthening the ideals of peace and justice for all. Join us to share your peaceful heart inspiration and guidance to build a center of peace within and around us. Many are wounded. To be able to recover we must make peace with one another.

7:00pm-8:30pm PT: Understanding Trauma

- Why We Get Sick
- [Jameelah Sheridan](#) - Massage Practitioner
- We will investigate the work of Dr. Gabor Mate and watch and discuss a video segment from one of his talk on, 'The Connection Between Stress and Disease'. We will discuss our understandings and misconceptions about the relationships of stress, trauma, and disease. Come with your thoughts, poignant experiences, and questions.

Wednesday, September 22nd

8:00am-9:00am PT: Chi Self Massage

- Wake up any time of day with an elegant self-healing practice
- [Jameelah Sheridan](#) - **Massage Practitioner**
- Learn how to connect to the abundance of Universal Energy. Use Chi (energy) to dispel negative energy and disturbing emotions, relieve stress and strengthen your self-awareness.

11:00am-12:00pm PT: Climate Healing

- Healthy Planet, Healthy Humans - a symbiotic relationship
- [Jean Naughton](#) - **Nutrition Consultant & Health Coach**
- [Irema Sivcevic](#) - **Nutrition Consultant Instructor**
- Learn takeaways from the latest UN recommendations on carbon sequestering through soil and ways to reduce carbon gases. We will share wisdom from Vandana Shiva a world renowned agro-ecologist on how a food rich local community leads to a healthy planet.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Backyard Gardening

- Seed to Table: Growing a Backyard Garden
- [Jean Naughton](#) - **Nutrition Consultant & Health Coach**
- [Dawn Ramsey](#) - **Sr. Manager, Global Benefits & Compliance at Delphix**
- Gardening can be fun and is a great way to express yourself. Learn the basics of setting up a successful garden and how to create a garden of delight enjoyable for the entire family. Join us for a fun and interactive discussion!

4:00pm-5:00pm PT: Home Fermenting and Gut Biome

- Fermenting made simple to cultivate a robust digestion and metabolism.
- [Karen Wang Diggs](#) - **founder at Be Nourished**
- Join fermenting expert, Karen Diggs to learn how to turn your fall harvest into pickles, and relish, and sauerkraut. Fermenting is easy when you learn how to do it at home. Naturally fermented foods taste far better than pasteurized ones you buy in the store. When you eat traditional fermented foods regularly, you promote a healthy gut microbiome, a key to resilience and longevity.

7:00pm-8:00pm PT: Honoring the Fall Equinox

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- The fall equinox is a time to give thanks and affirm our love and care for mother earth. Join us to share guidance and prayers from our Native American elders, who are calling us to end destructive habits and work together to support life on earth, right now. Community honoring the rhythms of the seasons is a great way to come together with a common vision.

Thursday, September 23rd

8:00am-9:00am PT: Laughter Yoga, Part 2

- Experience joy in the morning to enliven your day
- [Neeta Merchant](#) - Holistic Nutrition Consultant
- Join us to participate in a Laughter Yoga session which will consist of Laughter Yoga exercises, a laughter meditation and guided relaxation to ignite higher energy and awakens a more joyful mental attitude.

11:00am-12:00pm PT: Food Wellness Tech

- Exploring the intersections of healing foods, a new definition of wellness and the technology drivers.
- [Alan Gale](#) - Founder of [Aimee Health](#)
- [Patty James](#) - Chief Innovation Officer at [Foogal](#)
- [Ron Shigeta](#) - Startup Mentor/Advisor at [iAccelerate](#)
- [Chris Tara Browne](#) - Co-Founder of [UnFurl Cuisine](#)
- Host - [Johann Wong](#) - Founder of [JouleWatt Inc.](#)
- Panel about Food, Wellness and Technology

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Couple Wellness

- Integrating virtues and character into personal relationships
- [Susanne Alexander](#) - Relationships, Marriage & Character Coach
- An exploration of the power of character and virtues in creating wellness in personal relationships.

4:00pm-5:00pm PT: Water is Life

- Water is a precious natural resource. Water quality is as important as quantity.
- [Em Luisi](#) - Holistic Nutrition Consultant & Energy Practitioner
- [Irema Sivcevic](#) - Nutrition Consultant Instructor
- Water is a vital resource that provides nourishment, information, and fluid for all life forms. We will investigate the current water crisis related to global climate shifts and pollution, and provide practical solutions on what we can do to provide clean water for our family, community and the earth.

7:00pm-8:00pm PT: Art for Wellness

- Creative Expression for Healing and Transformation
- Guest Presenters from [UCLArts&Healing](#)
- Host: [Christina Wright](#) - Arts and Wellness Educator/Character and Leadership Development Facilitator
- This workshop will highlight how creative play contributes to our physical, mental and emotional wellbeing. Evidence based research shows that engagement in the arts relieves stress, encourages creative thinking and increases brain plasticity and individuals who spend 30 minutes or more each day on arts activities have lower reported rates of loneliness, depression and anxiety and greater life satisfaction.

Friday, September 24th

8:00am-9:00am PT: Workplace Virtues

- Integrating virtues and character into workplace wellness
- [Grant Peirce](#) - industrial/organization psychologist
- An exploration of the power of character and virtues in creating wellness in the workplace.

11:00am-12:00pm PT: Social Emotional Learning

- Emotional Intelligence in the Classroom and the Workplace
- [Akin Odulate](#) - Principal Consultant: Transformation & Change Management at Dawning Systems
- [Christina Wright](#) - Arts and Wellness Educator/Character and Leadership Development Facilitator
- We will review the five areas of competence, as part of CASEL's framework for social and emotional learning, which fosters knowledge, skills, and attitudes to establish equitable environments that advance one's learning and development.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Mushroom Medicine

- Traditional and modern uses of fungi for medicine.
- **Dr. Christopher Hobbs, Ph.D., L.Ac., A.H.G. - herbalist, botanist and mycologist**
- Discover how mushrooms work to activate our immune responses. A thorough and succinct review of the science and use of turkey tails, shiitake, cordyceps, maitake, and chaga will be presented along with the health benefits of eating mushrooms regularly. Current experience in integrative oncology will be shared, with case reports, effective use, and expected outcomes.

4:00pm-5:00pm PT: Sleep

- Sleep, Getting good ZZZ's
- [Em Luisi](#) - Holistic Nutrition Consultant & Energy Practitioner
- [Jean Naughton](#) - Nutrition Consultant & Health Coach
- Join us to learn why we need deep sleep and what we can do to get more of it. We will discuss how food, herbs, and lifestyle can support or hinder a good night's rest. We will review practices for better sleep habits.

7:00pm-8:00pm PT: Soulful Sharings

- What do bees, angels, artists, mothers and butterflies have in common? Come join and find out!
- Hosted by [Johann Wong](#) - Founder of [JouleWatt Inc.](#)
- Thank goodness it's Friday! This is your evening of fun and participation. Please bring your joyful and higher self to relax, rejoice and share with friends! Be prepared to share anything that inspires you that you want to share with us.....a poem, song, video, painting, quote, short passage.

Saturday, September 25th

8:00am-9:00am PT: Covid Recovery Roundtable

- Learn how to lessen the impact and duration of a CoVid infection
- **Host:** [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)
- [Dr. Eric Gordon](#) - Medical Doctor and founder of Gordon Medical Research
- [Daniel Donner](#) - director of Piedmont Ave., Clinic
- [Richard Bierman, L.Ac.](#), acupuncturist
- Join our esteemed panel of clinicians and patients to learn how to integrate natural health and allopathic medicine to manage corona variant infection, and/or vaccine side effects. Learn the steps you can take to seek professional help to respond immediately to acute symptoms, and how best to recover from long-haul infection fatigue and co-morbidities.

11:00am-12:00pm PT: Healing Foods

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Cooking with the Flavors of Health
- [Dr. Ed Bauman](#) - founder of [BaumanWellness](#)
- [Chef Lizette Marx](#) - Natural Chef Instructor at [Bauman College](#)
- Join Dr. Bauman and Chef Lizette Marx to learn how to cook with the flavors of health. We eat with our eyes, our sense of smell, taste, touch, and sounds. We eat with our friends, our thoughts, our surroundings, and gratitude. The foods we choose will deeply influence our movement toward wellness or illness. I will introduce the five levels of eating, and open a discussion of favorite seasonal healing foods, herbs, and spices, sharing savory recipes and strengthening kitchen remedies. And I will introduce these two special programs: [Nutrition Essentials for Everyone: Eating for Health and Vitality \(NEE\)](#) and [Spice for Life: Self-Healing Recipes, Remedies and Research \(S4L\)](#).

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Herbs and Spices

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Incorporating healing spices into your food and beverages
- [Em Luisi](#) - Holistic Nutrition Consultant & Energy Practitioner
- [Neeta Merchant](#) - Holistic Nutrition Consultant
- Put the kettle on and join us as we will share our favorite herb and spice blends to add flavor to your recipes, and nourish vital body systems. We'll discuss the healing properties of antioxidant and anti-inflammatory spices, and share recipes and remedies to promote resilience.

4:00pm-5:00pm PT: Celebrating Berkeley Community

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Join us to meet good people who live and work in and around Berkeley.
- [Bret Sweet](#) - host from [Renaissance Entrepreneurship Center](#)
- Together, we make up a rich tapestry of people who care about creating a community that supports justice, equity, diversity, and inclusion. Brett Sweet of the Renaissance Center of Richmond, CA will introduce guests and invite stories of how we have been showing up for and with one another during this time of stress and change.

Sunday, September 26th

8:00am-9:00am PT: Breakfast Teas

- Nutritional, sustainable and ethical healings teas and a nourishing morning tea meditation.
- [Michelle Pierce Hamilton](#) - Tea Sommelier and founder of [BeTeas.com](#)
- Power your morning with a peaceful vitality, made possible by exploring two special selections by a Certified Nutritionist & Tea Sommelier, followed by a facilitation on how to enjoy your tea as a morning cup of mindfulness.

11:00am-12:00pm PT: Kids Film Talk 'Inside Out'

Using the arts to aid young ones in navigating their emotions

- [Christina Wright](#) - Arts and Wellness Educator/Character and Leadership Development Facilitator
- Through the screening of various film clips from the movie *Inside Out* (2015), visual arts activities and dramatic skits, this fun and immersive workshop for young ones helps participants learn how to recognize different types of emotions when they come up and how to express them in safe and healthy ways.

12:30pm-1:30pm: NETWORKING

2:00pm-3:00pm PT: Joyful Family Meals

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Actionable ways to feed your family well and manage your most challenging mealtime struggles
- [Alicia Faris](#) - Founder, Nutrition Consultant and Culinary Educator at [Path to Panacea](#)
- Together, we will investigate the circumstances surrounding the often stressful, elusive family meal. We invite you to share your family food dynamics with us. We will offer tips and tricks to get the whole family involved in the feeding journey, including easy ways to incorporate nourishing whole foods into your weekday and weekend routine.

4:00pm-5:00pm PT: Reflections and Commitments

Hybrid Event on Zoom and at 1007 University Ave., Berkeley

- Time out with [Dr. Ed Bauman](#) as we reflect on 9 days of Wellness
- Join Dr. Ed Bauman and friends for a conversation about Bauman Wellness Week.