



Upcoming Special Lectures

Racial Contempt in America: A special class for OLLI

Monday, August 5 / 10:30am-12:30pm / Room 334

Presenter: Sal DePasquale

Racial animus expressed this past week by political leaders requires community discussion and debate. Ignoring such controversy may be safe, but it may also cause harm, by suggesting indifference, if not complicity. OLLI is an institution for learning. Issues of controversy require context so they may be contemplated in a thoughtful and meaningful manner. Multiple classes have been given relative to the topic of race from the *History of Slavery* to *Race Relations from Reconstruction to the Modern Day*. A brief synopsis of those classes will be provided as an introduction for discussion about contemporary comments deemed inflammatory and provocative. This special presentation is for OLLI students to ask questions and express comments. We ask that questions and comments be directed to the presenter and not directed to other attendees. We also ask that if you hear views diametrically opposed to your own, please listen respectfully. The objective is not to instruct on what to think, but to hear the thoughts of each other, even if those thoughts are offensive and ill founded.

Too much of a good thing? Sneak Peek: The 11-week Anti-Inflammatory Dietary PROGRAM

Wednesday, August 14 / 1:00 – 2:00 / Room 330

Presenter: Catharine Clark

When is inflammation (your immune response) too much of a good thing? Answer: When it becomes overzealous, pathophysiological. Are genes more important than diet? Answer: No. Foods eaten can ultimately turn genes on and off. Interested in reducing pain and inflammation; cancer cell proliferation; signs and symptoms of autoimmune diseases? Then please come for a sneak peak of this fun, hands-on, 11-week, anti-inflammatory dietary program, which begins Wednesday, September 4th. We will review the results of previous 11-week Anti-Inflammatory Dietary Programs including the 33% reduction in a biomedical measure of inflammation. Will we surpass that achievement this fall?

- Learn more to determine if September is the right time for you to tackle your inflammation via an explicit, straightforward 11-week dietary program.
- Learn how we'll attack the root cause of many chronic inflammatory conditions (including Alzheimer's, arthritis, atherosclerosis, chronic pain, Crohn's, diabetes, depression, macular degeneration, and many more).
- Changing essential nutrients will change the balance of mediator (causal) precursors in tissues throughout the human body. This balance significantly links to morbidity and mortality.

Nutritional Molecular Medicine (NMM) is new to Atlanta but isn't new: The biochemistry was solidified by the late 1950s by W.E.M. Lands, actions of essential nutrients were discovered in the early 1960's, and the 1982 Nobel Prize formally recognized NMM.

Catharine Clark is an expert in Nutritional Molecular Medicine (NMM) and was personally trained by distinguished biochemist, Dr. Lands. Catharine is the only provider of NMM outside of the National Institutes of Health (NIH) and academic institutions. In addition, she trained in Obesity Medicine at Harvard Medical School; is fellowship-trained in Nutrition Policy at DHHS' Office of Disease Prevention and Health Promotion; completed numerous symposia, courses, and conferences at the NIH; and is licensed and board certified (LDN, CNS).

The 4 Hazards of Aging in Place

Monday, August 19 / 10:30-11:30am / Room 334

Presenter: Brandt Ross

It sounds so simple. It sounds so easy. It sounds so practical. Why not? Stay where you are. Stay in the home you love and near the things you love. Many are telling you to do it. Therefore, it must be right or is it? Come hear a candid presentation with important information on the topic, real-life case studies, and folk music. Participants will be provided specific recommendations on how to take action in transition and a follow-up check list.

The Sierra Club will be hosting a screening of "Reinventing Power"

Wednesday August 28 / 1:00 – 2:30pm / Room 330

Presenters: Sierra Club and Mariana McDonald

"Reinventing Power" is a highly informative 50-minute film created by the Sierra Club that explores alternative power sources and their economic implications. Reinventing Power is a documentary that tells the backstory of clean energy from innovation to installation. Over 50 minutes, viewers will hear directly from the people whose lives were changed because of the clean energy economy. After the screening participate in post-screening questions about the film.