



**~ INTRODUCING ~**  
**Aromatic Lunch and Learns**  
**with Dr. Ruth Moore**

Welcome to 2023! This is a year of knowledge and discovery, and Dr. Ruth is excited to offer a convenient, fun way to earn continuing education credits. She has researched the needs of AIA members from both Novice practitioners to AP-AIA leaders, and one area that seems to be of tremendous interest is the ability to develop collegial relationships with peers, community leaders, and medical providers. Beginning on April 14, 2023, on every 2<sup>nd</sup> Friday of the month, Dr. Ruth will hold a “lunch and learn” webinar. Participants can tune into these Zoom Sessions from 12:00 pm to 1:00 PM EST and learn how to develop Collegiality within the healthcare community and expand their businesses.

Save the Date	Topic	Series Certificate
April 14, 2023	Patient Empowerment for Self-Care Before Treatment	Collegiality
<p>When patients are dealing with health and wellness challenges, they often feel frustration or helplessness, because they do not know how to help themselves. Instead, they are forced to rely on a healthcare system that is profit-motivated; and are disempowered to take an active role in their healthcare. In this webinar, we will explore ways to help patients make meaningful connections with their providers, and become empowered to take charge of their healthcare before seeking medical assistance.</p>		
May 12, 2023	Plants and Pharmacists – The Professional Relationship	Collegiality
<p>As aromatherapists, we are taught to respect the power of essential oils, but our colleagues in the pharmaceutical world do not share that respect... or do they? In this webinar, we will explore ways to connect with pharmacists and providers to teach the power and credibility of natural, plant-based medicines.</p>		
June 8, 2023	Creating Drug-Free Options in Allied Health	Collegiality
<p>Who are allied health professionals, and what do they use for pharmaceuticals? In the first part of this webinar, we will identify various allied health providers that uses analgesics, anesthetics, steroids, and other drugs which can easily be replaced with essential oils. In the second part of this webinar, we will discuss ways to introduce ourselves and our expertise to help these colleagues meet the needs of some of their more sensitive or medically compromised patients.</p>		
July 13, 2023	Essential Oils and Functional Medicine	Collegiality
<p>Functional medicine starts with our food choices and impacts our total health and wellness. Just what is impacted? We will start by exploring our digestive health, our body’s ability to convert and use nutrients, our brain health and neurotransmitter levels, and our hormones. All of these areas can be supported with essential oils to optimize the body’s functional health.</p>		