

Media & Health

Mark Kamsler

Keynote Speaker and Workshop Leader

LECTURE

**Social Media—A Cultural Oxymoron?
On TV, Computers and more...**

Friday, April 20, 2012, 7:00 – 8:30 pm

Question: *What can we do about ignorance and apathy in the world?*

Answer: *I don't know and I don't care.*

An old joke, but also a danger of our times. What are the affects of an ever increasing virtual world? How do these new technologies properly fit into modern life? Where else do we see similar effects from other seemingly unrelated activities?

More importantly, what can Anthroposophy, Waldorf Education and Anthroposophical Medicine offer as a way to balance and move beyond these challenges? How might we awaken our will, our soul life and our thinking in such a way to move forward supporting health and development of body, soul and spirit?

Don't be part of the punch line—Come join us!

Mark Kamsler, MD is Board Certified in both pediatrics and anthroposophical medicine and practices in Delafield, WI. He has worked extensively with various Waldorf schools and has lectured widely to both the general public and medical colleagues. He is a Board Member of the American College of Anthroposophic Medicine. He is cofounder of the True Botanica Company, maker of anthroposophical supplements and remedies, and the True Botanica Foundation, a non-profit organization dedicated to education, research and social activities related to anthroposophical health care.

PLEASANT RIDGE WALDORF SCHOOL
431 E. Court Street, Viroqua, Wisconsin



WORKSHOP

Anthroposophical Home Health Care

Saturday, April 21, 2012, 9:00 am – 1:00 pm

Hands on experience and practice with a variety of home health care practices. Learn how to do and practice using compresses, inhales, leg wraps, ear packs and more for a variety of common illnesses. Utilize common kitchen ingredients and some basic home care remedies, creams, tinctures and more.

Topical therapies are a central part of treatments with Anthroposophical medicine. We will also discuss various supplements and remedies for common illnesses.

Dress comfortably. Sign up in advance for this workshop and find out what supplies to bring for a full experience.

*For more information or to register, call
Pleasant Ridge Waldorf School at 608-637-7828.*