



Telephone Topics

MARCH 2019

Register in advance by calling (888) 600.2560 or emailing teltopics@matherlifeways.com.
At the time listed for the program, dial in from any phone. . . and enjoy. All calls are FREE!

Functional Medicine



Marla Brodsky, RD, LDN, BCIM

Wednesday, March 6, 1:00 p.m. CT

Functional medicine takes a systems approach to the body to identify the root causes of disease. We'll discuss how this differs from traditional Western approaches.

From Storm Clouds to Blue Skies

Caroline Edasis, Director of Creative Art, Mather LifeWays

Friday, March 1

11:00 a.m. CT

We'll look at the ways in which artists including Monet, Caillebotte, Turner, and O'Keefe have depicted weather conditions.

Storytelling with Caroline

Caroline Latta, Theatre Department, Columbia College Chicago

Friday, March 1, 1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Monday, March 4, 11 & 18

12:00 p.m. CT

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Personalized Inspiration, a Page at a Time

Kate Marrs, Presenter

Tuesday, March 5, 11:00 a.m. CT

Wishing for change in any areas of your life? Learn how to make creative, fun, and rewarding changes by creating a single-page vision board using images from magazines.

Facts about Alabama

Joe Cunniff, Instructor, DePaul University

Wednesday, March 6

11:00 a.m. CT

Let's explore interesting facts, fascinating history, fun trivia, and much more about Alabama.

Functional Medicine

Wednesday, March 6

1:00 p.m. CT

See feature left.

Your Turn: Feedback on Telephone Topics

Lisa Evans, Mather LifeWays

Thursday, March 7

11:30 a.m. CT

Here's your chance to give your opinion on specific topics you liked and didn't like, what you'd like to hear more about, or even topics you'd like to present.

Register at (888) 600.2560 or teltopics@matherlifeways.com

All programs are free. All you need is your telephone!

All programs are central time (CT).

Simply Strong

Randi Kant, MS, MPH, CHES, CPT,
Certified Intrinsic Coach

Friday, March 8

11:00 a.m. CT

Join us for a guided strength-training routine that can be done in the comfort of your home.

Storytelling with Megan

Megan Wells, National Touring
Storyteller, 2016 Oracle Winner

Friday, March 8

1:00 p.m. CT

Hear a master storyteller read a thought-provoking short story, followed by discussion.

Healthy Heart, Healthy Brain

Paige Corley, Certified Personal
Trainer

Tuesday, March 12

11:00 a.m. CT

By keeping one part of our body healthy, other parts can benefit. Learn how research is proving this and which lifestyle choices lead to a healthier body.

Kiss Me, I'm Irish!

Heather Braoudakis, Vocalist

Tuesday, March 12

1:00 p.m. CT

Heather sings
classic Celtic tunes

for St. Patrick's Day.

Game Time with Jeanne

Jeanne Roppolo, Author, Storyteller
& Motivational Speaker

Wednesday, March 13

1:00 p.m. CT

Join a game where you'll guess which incredible "facts" are true about extraordinary people, places, and things.



John Lennon: The Beatles



Brian Salgado, Presenter

Thursday, March 14

1:00 p.m. CT

Join Brian as we explore the life and career of the co-founder of the Beatles.

Danny DeVito

Rich Lang, Media Historian

Thursday, March 14

11:00 a.m. CT

You may know DeVito for his role as the dispatcher on *Taxi*, but he has appeared in hilarious roles in many other TV shows and films.

John Lennon: The Beatles

Thursday, March 14

1:00 p.m. CT

See feature above.

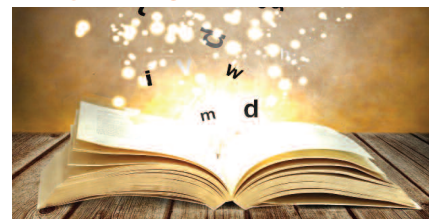
Louis Comfort Tiffany

Lynette Bremer, Art &
Architecture Historian

Friday, March 15, 11:00 a.m. CT

Lynette will talk about one of the most creative and prolific designers of the late nineteenth century.

Storytelling with Michael



Michael Menendian,
Theater Director

Friday, March 15, 1:00 p.m. CT

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion about the story.

The Buzz about Bees

Tuesday, March 19

11:00 a.m. CT

See back cover.

And Now... a Different Kind of News

Walter Podrazik, Author,
Watching TV: Eight Decades
of American Television

Wednesday, March 20

11:00 a.m. CT

Wally looks at different approaches to presenting the news on television, including C-Span, news magazines, and feature programs.

Storytelling with Michael

Michael Menendian,
Theater Director

Thursday, March 21

1:00 p.m. CT

See March 15.

National Nutrition Month

Randi Kant, MS, MPH, CHES, CPT,
Certified Intrinsic Coach

Friday, March 22, 11:00 a.m. CT

Nutrition facts labels on food items have been updated. Learn what's been improved and how to use this important information to support healthier eating choices.

Visit us at matherlifeways.com/telephonetopics

St. Patrick's Day

Caryl Derenfeld, Joy Fueled Souls
Friday, March 22, 1:00 p.m. CT
Join the celebration as Caryl leads a fun discussion on the traditions and legends that surround St. Patrick's Day.

Chair Yoga

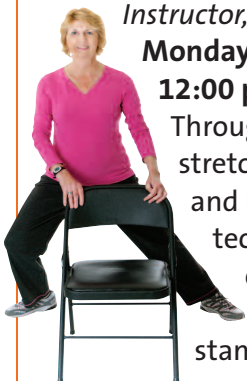
Tom Wilkens, Yoga

Instructor, Dancing Cranes

Monday, March 25

12:00 p.m. CT

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.



Time for Us: Let's Chat!

Kate Marrs, Presenter &

Lisa Evans, Mather LifeWays

Monday, March 25

2:00 p.m. CT

This open chat forum deals with participants' thoughts, experiences, and questions. Join us for uplifting conversational fun!

Active Adult Exercise

Paige Corley, Certified Personal Trainer

Tuesday, March 26

11:00 a.m. CT

Try an hour of seated and standing exercises that will boost your mind and body.

What's Hot in the News

Judy Lear, Activist

Tuesday, March 26

1:00 p.m. CT

Judy recaps the past month's national issues and news events and asks for your input.

Sophia Loren



Rich Lang, Media Historian

Thursday, March 28

11:00 a.m. CT

Hear about the life and career of this actress who rose above her poverty-stricken origins to become universally recognized as Italy's most famous movie star.

Chair Ballet Stretch

Jeanine Dent, Instructor

Wednesday, March 27

11:00 a.m. CT

Learn stretching and strengthening techniques using ballet positions, focusing on hip flexors, core strength, and spinal alignment.

Common Phrases—Continued

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, March 27

1:00 p.m. CT

Jeanne will talk more about the fascinating stories behind phrases we use every day. Can you guess the origins of some expressions and slang terms?

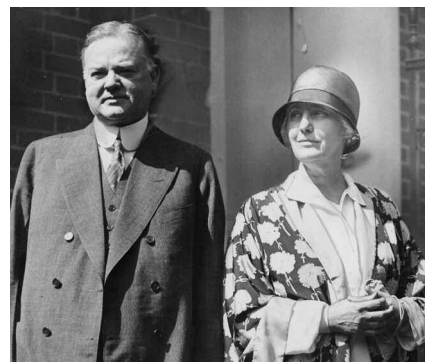
Sophia Loren

Thursday, March 28

11:00 a.m. CT

See feature left.

Lou Henry Hoover



Ricki Saady, Presenter

Thursday, March 28

1:00 p.m. CT

Hear the fascinating story of a unique and forgotten First Lady.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, March 29

1:00 p.m. CT

Sit back and enjoy a short story read by a master storyteller, then join a lively discussion about the story.

This publication, in part or in its entirety, may not be distributed in any manner without the prior written consent of Mather LifeWays. Organizations interested in subscribing to the Telephone Topics program should call (888) 600.2560.

Register today! Call (888) 600.2560 or email teltopics@matherlifeways.com

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Free interactive talks, exercise, and more!

Telephone Topics



The Buzz about Bees

Kate Marrs, Presenter

Tuesday, March 19, 11:00 a.m. CT

We'll discuss all things bees, including why they are facing extinction, what royal jelly is, and who is the queen.