



CompassCenter

FUNCTIONAL MEDICINE

“Bridge the Gap”

Virtual Class Series

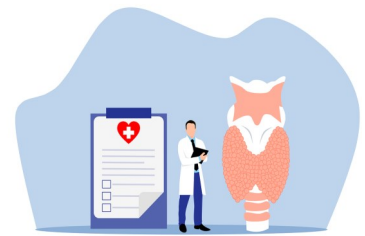
Are you experiencing fatigue, hair loss, weight gain or other potential symptoms of thyroid dysfunction? Were you told it's not your thyroid because your TSH is normal? Are you being treated for a thyroid condition but still aren't feeling well? Are you looking for strategies to help reduce autoimmune destruction of your thyroid or just want more information on how to optimize your thyroid health? IF SO, THIS CLASS SERIES IS FOR YOU!

Thyroid Tune-Up

Series of 3 virtual (video) classes on thyroid health to help bridge the gap between conventional medicine and functional medicine

presented by

Connie Arispe, MD, IFMCP & Lindsay Samuels, FMCHC



Session 1: Saturday, May 6, 10:30-11:30 AM CST

- ◆ Overview of thyroid function & disorders, common symptoms of thyroid dysfunction, important thyroid tests & how to access them
- ◆ Step 1 diet & lifestyle strategies to support thyroid health
- ◆ Supplement basics
- ◆ Q&A

Session 2: Saturday, June 3, 10:30-11:30 AM CST

- ◆ Interpretation of thyroid test results (“normal” lab reference ranges are not necessarily optimal)
- ◆ Targeted supplements and medications for thyroid conditions
- ◆ Next level diet & lifestyle interventions for thyroid health
- ◆ Q&A

Session 3: Saturday, July 8, 10:30-11:30 AM CST

- ◆ Deeper dive into strategies for reducing autoimmune activity against the thyroid
- ◆ Diagnostic considerations for persistent symptoms despite optimized thyroid lab results
- ◆ More supplement options for optimizing thyroid health
- ◆ Advanced diet & lifestyle strategies for thyroid restoration
- ◆ Q&A
- ◆ Troubleshooting & managing poor responses to treatment
- ◆ Q&A

Registration Fee: \$25 for individual class; \$60 for all 3 thyroid classes

(discount only applies if all 3 sessions are purchased in same transaction)

Register at www.compasscenterfm.com/classes; subscribe for future class notifications

Call 641-357-9355 or 641-357-4150 for questions or to register by phone.

Outline and video access link will be emailed 1 week prior to session; all registrants will have access to video recording for 30 days after the class, even if unable to participate in live session

Registration not transferable. No refunds unless class is canceled.