



## It Could Be Your Hormones....

Join us to hear pharmacist Jim Paoletti talk about how we can help you.  
Grab a friend and come on over...it's FREE!



**Professional Arts Pharmacy**

Prescription Compounding Specialist

Please RSVP by Friday April 10th to Kim Lavergne  
consulting@professionalarts.com  
337-262-9755  
Walk ins Welcome!

### Locations:

#### **Professional Arts Pharmacy**

128 Curran Lane  
Lafayette, LA 70506

#### **Bibi's Patisserie**

1321 West Pinhook Road  
Lafayette, LA 70503

*(Please see schedule to notate presentations at BiBi's)*

COME TO ONE OR COME TO ALL

Tuesday, April 14th

9am - Hormones & Your Health – Jim Paoletti  
12pm - ABC's of HRT & Wellness – Holly Stevens  
5:30pm - ABC's of HRT & Wellness – Holly Stevens  
6:30pm – Effects of Stress & Cortisol – Jim Paoletti

Wednesday, April 15th

8:30am – Effects of Stress & Cortisol – Jim Paoletti - *at BiBi's*  
10am - ABC's of HRT & Wellness – Holly Stevens - *at BiBi's*  
11am – How to Choose the Right Diet – Jim Paoletti - *at BiBi's*  
5:30pm - ABC's of HRT & Wellness – Holly Stevens  
6:30pm – Hormones & Your Health – Jim Paoletti  
*"We Encourage Couples or Bring a Couple of Friends"*

Thursday, April 16th

8am - ABC's of HRT & Wellness – Holly Stevens  
9am – How to Choose the Right Diet – Jim Paoletti  
12pm - ABC's of HRT & Wellness – Holly Stevens

Friday, April 17th

11:30am - Hormones & Your Health – Jim Paoletti

\*RSVP Recommended, Capacity of 30 per Session  
\*\*Please see BACK for Program Descriptions

## PRESENTATION OFFERINGS DESCRIPTION

Hormones and Your Health – A more in depth look at the benefits and functions of hormones for both men and women and what a “physiologic approach” to hormone replacement means for individuals. Saliva kits and packets will be available for pick up for new and existing patients interested in starting the consultation process.

**Presenter: Jim Paoletti, Pharmacist, FAARFM, FIACP**

**\*Light snacks and beverages will be provided.**

The Effects of Cortisol – A comprehensive look at the effects of STRESS and its hormone cortisol on health and wellness. Discussion will include the importance of adapting your stress response as a way to balance your hormone health. Samples of nutritional supplements related to stress will be available.

**Presenter: Jim Paoletti, Pharmacist, FAARFM, FIACP**

**\*Light snacks and beverages will be provided.**

How to Choose the Right “Diet” for you – An overview of elimination diets- gluten free, anti-inflammatory, lower glycemic index and detoxification diets, and which diet is recommended for different conditions or outcomes. Presentation will also include recommended nutritional supplements to aid in successful diet implementation. Recommended reading lists for each type of diet will be available. Healthy snack options will be provided . \* Optional Detox presentation immediately following presented by Jim Paoletti.

**Presenter: Jim Paoletti, Pharmacist, FAARFM, FIACP**

**\*Light snacks and beverages will be provided.**

The ABC’s of HRT and Wellness – A basic hormone education course designed to help new patients understand basic hormone function and symptoms as well as expectations of the consultation process. New patients will be able to pick up their packet and saliva kit to start the consultation process.

**Presenter: Holly Stevens**

\*The ABC’s of HRT and Wellness is a regularly scheduled course offered every Tuesday, Wednesday, or Thursday from 12:05-1:00pm at our pharmacy. Ask us about offerings in the community as well.



**Jim Paoletti, FAARFM, FIACP**  
Pharmacist

**JIM PAOLETTI, PHARMACIST, FAARFM, FIACP** has almost 30 years of experience with compounded hormone therapies in clinical practice both in retail pharmacy and as a consultant. Jim served previously as Director of Provider Education for ZRT Laboratory, Beaverton, Oregon, and as consultant and Education Director for Professional Compounding Centers of America of Houston, TX. He is a graduate and former faculty member of the Fellowship of Anti-Aging and Functional Medicine. Jim has lectured extensively and internationally on all aspects of compounded hormone replacement therapy to medical practitioners and consumers, and has several articles published on HRT and compounding pharmacy issues.

**ALLISON SEILHAN, P.D.** is the newest member of our Wellness Team. Allison has been working as a retail pharmacist with Professional Arts Pharmacy for nearly 5 years and is eager to be our in-house liaison to answer immediate doctor and patient questions concerning compounded hormone replacement therapies. She is also an additional wellness consultant alongside Jim.



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