

September 2020 —
August 2021

The Second Brain: Gut-Brain Axis Dysfunction as an Underlying Cause for Development of Neurocognitive, Mood, and Chronic Pain Disorders

This workshop will discuss the gut-brain axis and how disruptions in this physical and biochemical connection directly affects digestion, mood, pain and inflammation, cognitive decline, and overall brain function. The gut-brain axis comprises of a complex connection of 500 million neurons and trillions of microbes that make up the enteric nervous system that is often referred to as "the body's second brain." Repairing and restoring healthy GI function and a balanced microbiome environment through diagnostic testing, functional medicine programs, and lifestyle factors can result in significant patient improvements in energy, pain, mood, and cognitive function.

This program meets the pain management requirement for license renewal.



Aaron Hovanec has assumed the role as the Director of Functional Medicine at Age Management of West Michigan for the last 10 years. He utilizes a functional medicine approach of treatment with patients that addresses the underlying physiological and lifestyle factors that are the root cause of disease and imbalance in the body. Aaron started The Functional Brain Performance Center at Age Management around 5 years ago to offer people a functional medicine treatment approach that addresses and treats the underlying physiological imbalances in the body that contribute to mood disorders and cognitive decline. Aaron received his training in the field of functional medicine through conferences and coursework with the Academy of Anti-Aging Medicine (A4M), the Institute of Functional Medicine (IFM), and the Age Management Medicine Group (AMMG). Aaron has advanced training as a certified LENS Neurofeedback practitioner and is an AACN certified nutritional consultant. Aaron obtained his bachelor's degree at MSU and his master's degree at GVSU. Aaron has also worked as a certified personal trainer for over 20 years and is the owner of Fit Mitt Training Company in Grand Rapids and Muskegon.

Date: Thursday, January 14, 2021

Time: 12:50 - 4:00 p.m.

Location: Live online webinar

Presented By: Aaron Hovanec

Cost: \$49

Register at www.gvsu.edu/swce

Recommended for LBSW and LMSW intermediate skill level; for learning objectives and additional program information, please go to our web site.