



# cariboo college

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## NEWS RELEASE

### FOR IMMEDIATE RELEASE

February 23, 1984

"Technology and Holistic Medicine" is the topic for the next-to-last program in the current free public lecture series at Cariboo College on Friday, March 2, 1984, with Dr. H. C. (Chris) Muendel as guest speaker.

Dr. Muendel, who has been a family physician in Kamloops since 1971, is known locally as an advocate of various approaches to healing that can effectively supplement conventional medicine for certain patients.

"Holistic is the term applied to the form of medicine that involves the patient in a partnership toward his or her health," he explains. "It can be seen as working on the mental, emotional and spiritual planes as well as the physical. It may involve centuries-old traditional methods of healing".

Advances in technology have turned out to be an unexpected ally for many of the "old-wives'-tale" methods by scientifically verifying their effectiveness, Dr. Muendel adds. His talk will cover some of these findings.

Born in Europe, Dr. Muendel came to Canada as a child and received his medical training at the University of British Columbia. Before moving to Kamloops, he spent four years as a medical officer with the N.A.T.O. forces in Germany.

He and his wife Lynne, a well-known local writer and lecturer, often conduct stress reduction workshops here and in other Interior communities.

The lecture begins at 7:30 P.M. on Friday in the College Board Room. A question period over coffee will conclude the evening.

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For further information please contact:

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