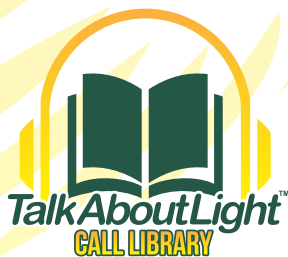


Talk About Light™

Join the Tuesday night conversation with light therapy users from across the globe. Learn the safe and effective uses of light therapy devices. Listen to experts talk about the research supporting clinical uses of light therapy.

Check out
previous
Talk About
Light calls
online at

talkaboutlight.com



The calls are structured as follows:

Level 1 Lights

Time: 6:00pm MT

Geared towards: Renters, new owners, potential owners, or anyone interested in the basics of utilizing their equipment.

Duration: 30 minutes

Occurrence: Weekly on Tuesday evening, unless otherwise noted

Level 2 Lights

Time: 6:30pm MT

Geared towards: Owners, practitioners, light technicians, general intermediate and advanced users.

Duration: 30 – 60 minutes

Occurrence: Weekly on Tuesday evening, unless otherwise noted

For info and call in numbers please visit:

talkaboutlight.com/talcall

Jody Mittiga, ANP-BC, ACHPN, DNM



Jody Mittiga is an advanced practice adult nurse practitioner, trained in naturopathic health and a variety of health optimizing strategies. She specializes in palliative medicine and stress management. She has been at the forefront of the light therapy industry for many years and brings a wealth of knowledge and experience to the conversation. Her light therapy presentations and Talk About Light weekly teleconference calls include a thorough review the evidence supporting light therapy interventions for pain reduction, circulation improvement, wound healing and stress management.