

9000 NEEDLES

Directed by Doug Dearth

LIGHTS! CAMERA! ACTION STEPS!

34th cleveland international film festival

march 18–28, 2010 tower city cinemas let's go.

We believe that films like the one you just saw can change the world. At the CIFF, we present these films and the accompanying FilmForums to provoke thought, inspire dialogue, and spark ideas. Now we're taking it one step further by encouraging you to take action steps to address the issues you've learned about today. Get involved! Make change happen!

Generous support for Lights! Camera! Action Steps! is provided by Chuck and Char Fowler.

Speak Up

- Talk to five people about the film you saw today.
- Start a conversation at the dinner table about different ways of treating illness.
- Ask your family doctor about alternative resources for health care.
- Share your personal story—publish a story; blog about it; make art; talk to a friend, a class or a community group.
- Write a letter to the editor of your local newspaper regarding an issue that you are passionate about. Go to www.nancyschwartz.com/letters_to_the_editor.html for tips on writing your letter and send it to the local daily papers, such as forum@plaind.com and vop@thebeaconjournal.com.

Get Involved

- Organize a group of friends and neighbors, then invite an acupuncturist to come and speak to your group about the benefits of traditional eastern medicine. Visit www.clevelandacupuncture.com to get started.
- Pick up a copy of Balanced Living, a free, bi-monthly magazine dedicated to holistic health and personal growth. Latest issues can be found at bookstores, health food stores, coffee shops, libraries, and other locations throughout Northeast Ohio. Or visit their website at www.balancedlivingmag.com. Join their family on Facebook by clicking on the Become a Fan tab.
- Give yoga a try. For a listing of classes offered in your area, visit www.yogacleveland.com.
- If you or a family member have been impacted by a stroke and are looking for additional support, consider attending a Cleveland Stroke Club Meeting. The Cleveland Stroke Club offers information and support for stroke survivors and their families. You can reach them by calling 440.338.1136 or by visiting their site www.clevelandstrokeclub.wordpress.com.
- Attend a free "Meet The Doctor Session" at the Northeast Ohio Institute of Functional Medicine on Tuesday, March 30, 2010 to learn more about the benefits of seeking care that will educate you on how your body works and heals. For more information, visit www.neoifm.org, and click on the Conferences and Seminars tab.



clevelandfilm.org

more on back



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. . . continued from other side

Stay Informed

- Visit www.9000needles.com to learn more about the film and future screenings.
- To learn more about the treatment that Devon received at the China Connection Global Healthcare, visit www.chinaconnection.cc.
- To discover more about complimentary care in Cleveland, visit the Cleveland Clinic's Center for Integrative Medicine at <http://my.clevelandclinic.org/departments/integrativemedicine> or the Northeast Ohio Institute of Functional Medicine at www.neoifm.org.
- To find out how acupuncture may benefit you, contact Cleveland Acupuncture at 216.795.1048, or email clevelandacupuncture@gmail.com.
- To learn more about the signs, symptoms, and treatment of strokes, visit www.strokecenter.org and the American Stroke Association at www.strokeassociation.org. And for information about rehabilitation, visit the OSU Medical Center at www.medicalcenter.osu.edu/PATIENTCARE/healthcare_services/stroke.
- To learn more about the practice of Acupuncture, visit the American Academy of Acupuncture site at www.medicalacupuncture.org or www.acupuncture.com. You can also check out the Health and Wellness News Blog for healthy living tips at www.cantonacupuncture.com and click on the link for up-to-date information.
- For information about the use of acupuncture for stroke patients, visit www.medicalacupuncture.org/acu_info/articles/stroketreatment.html.

Make a Donation

- To help Devon receive continued care and to raise awareness about this issue, visit the film's website at www.9000needles.com and click on the Take Action tab.
- Consider a donation to the not-for-profit DDC Clinic for Special Needs Children. Located in Middlefield, Ohio and under the care of Dr. Heng Wang, the clinic provides families with a comprehensive approach to health care. For more information, visit www.ddclinic.org.

LET THE CIFF KNOW ABOUT THE ACTION STEPS YOU TAKE.

Email us at action@clevelandfilm.org.

