

2019 SPRING FLING FOR WOMEN ANCHORAGE HEALTH & WELLNESS EXPO SEMINARS & DEMONSTRATIONS

FRIDAY, APRIL 19

11:00 AM

SEMINAR ROOM: Congratulations, You're Pregnant:

Designed for first time moms, this class leads you through the exciting journey to come.

Presented by Janet Starkey, Certified Nurse Midwife-Anchorage Women's Clinic

12:00 PM

STAGE: Healthy Half Hour:

An overview of our 30 days to Healthy Living program

Presented by Lanet Spence-Arbonne

SEMINAR ROOM: Nutrition For Modern Women – Maintaining A Healthy Lifestyle:

Maintaining a healthy lifestyle can be challenging, join Sherrill Collins as she shares tips and ideas to capitalize your time and reach health goals.

Presented by Sherrill Smith Collins, MS, RDN-Anchorage Women's Clinic

1:00 PM

STAGE: Financial Wellness Increase Cash Flow & Debt Management:

Join Mimi Talley as she teaches participants how to increase their cash flow and manage their debts to reduce financial stress and in turn creates a well balanced physical, mental and financial health.

Presented by Mimi Talley-WFG/WSB Alaska

SEMINAR ROOM: Finding The 'Me' In Menopause:

Menopause can be a confusing time in your life, let Ericka Mulder, a Certified Menopausal Provider discuss how to take on this new chapter in your life and retain your sense of self and joy

Presented by Ericka Mulder, ANP-Anchorage Women's Clinic

2:00 PM

SEMINAR ROOM: Hemp CBD Oil, The Endocannabinoid System And Our Health:

Hear from lifelong chiropractors on why Zilis Ultracell Hemp CBD Oil is the #1 selling CBD oil on the market. With so many options in the exploding CBD industry, find out why Zilis is the industry leader in CBD and endocannabinoid system support supplements. Learn how to incorporate UltraCell into your daily regimen for the variety of health benefits, and how to utilize UltraCell in your practice or business. Medical professionals and Health & Wellness businesses (1000+ and growing) across the country are recommending UltraCell due to its effectiveness.

Presented by Dr. Mark Lindholm, DC & Dr. Derrick Hendricks, DC-Alaska ECS Wellness(Zilis UltraCell Hemp CBD Oil)

3:00 PM

STAGE: 10 Ways To Improve Your Overall Health & Wellness

Ashley Cummins will be discussing 10 topics that are paramount to improving a persons overall health and wellness

Presented by Ashley Cummins, RN, INHC-Totality Wellness, LLC

SEMINAR ROOM: Be Your Own Hypnotist: Learn How it Works and What it Can Do for You:

You have a powerful genie (your subconscious mind) just waiting to please you. Obtain what you deserve and desire for 2019 and every year with simple yet powerful self-hypnosis secrets.

Presented by Deborah Faithrose, Certified Hypnotist & Instructor-Hypnosis Center of Anchorage

4:00 PM

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Presented by Dr. Mark Lindholm, DC & Dr. Derrick Hendricks, DC-Alaska ECS Wellness(Zilis UltraCell Hemp CBD Oil)

SEMINAR ROOM: What Is A Wellness Coach & Who Uses One?

An introduction to how wellness coaching serves you and a sneak peek into the types of people it serves

Presented by Chay Jensen-Equilibrium

SATURDAY, APRIL 20

11:00 AM

SEMINAR ROOM: Women's Health In A Nutshell:

Women's healthcare has many chapters in a lifetime. Dr. Espindola will take you through an overview of women's health and milestones to expect and the steps to take to live your best self

Presented by Dr. Dana Espindola, MD-Anchorage Women's Clinic

12:00PM

STAGE: Nutrition Myth Busters:

Learn about 5 tricky myths that prevent weight loss

Presented by Winona Benson -Nourished Health Coaching Services

SEMINAR ROOM: Be Your Own Hypnotist: Learn How it Works and What it Can Do for You:

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SEMINAR ROOM: Synergetic Wellness:

A synergetic approach to Health & Wellness Explained in detail by number one rated professionals, the connection between healthy living and Synergetic wellness.

Presented by Ginger Mckenzie-Arbonne

2:00 PM

STAGE:Diabetes: You can be in charge!

What we know about diabetes and its management. I use interactive props to help people understand the basics about diabetes self-care and management and how to prevent it. I also discuss the facts and figures about diabetes and its importance.

Presented by Cathey Colwell-Mountain-Pacific Quality Health Foundation

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Presented by Dr. Mark Lindholm, DC & Dr. Derrick Hendricks, DC-Alaska ECS Wellness

SEMINAR ROOM: The Colors Of Transformation:

Learn how the colors of our food can be a gateway to our health

Presented By -Nourished Health Coaching Services

4:00 PM

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