

2022 EUGENE HEALTH & WELLNESS EXPO SEMINARS/DEMONSTRATIONS

FRIDAY, MARCH 11

5:00 PM

DO YOU DARE TO DREAM BIG OR HOW DOES YOUR LIFE WHEEL ROLL?

We will be discussing how to evaluate a Life Wheel and the importance of knowing where we are and where we would like to be. The next step will be how to create a new reality or expand on our present situation.

Presented by Katie Albee-KC Creations

6:00 PM

DANGERS OF INDOOR AIR AND HOW TO NEUTRALIZE SMOKE, AEROSOLIZED VIRUSES, ALLERGENS, VOC'S AND SCRUB SURFACES:

With Covid, we have a new relationship with the air we breathe and the surfaces we touch. While there are many hidden dangers in our airbiome at home or in a business, there are also solutions to help mitigate viruses, bacteria and other pathogens that can make us sick.

Presented by Lada Korol-Longevity Path

6:30 PM

SAMPLE NIA CLASS:

All levels of energy and ability can enjoy moving, with music. Share the fun and focus on what feels good for you.

Presented by Janet Hollander-Moving Toward Health

7:00 PM

MENTAL HEALTH IN THE TIME OF COVID:

This is a talk about the impact the days of COVID has had on our collective mental health, and why things will never be the same, and why that could be a good thing.

Presented by Rodger Deevers-Not OK is OK

7:30 PM

AMPUTEE SUPPORT POWER ON WITH LIMB LOSS:

Slides of event and accomplishments of amputees. Our peer visiting, support meeting and the benefits.

Presented by Paula Free-Power On with Limb Loss

SATURDAY, MARCH 12

11:00 AM

BESS BOX PORTABLE FITNESS WORKSTATION:

Learn the use and functionality of our new portable fitness workstation for balance, endurance, strength and speed.

Presented by R.A. Freedman, Master Fitness Trainer-Gol-fit.com LLC

11:30AM

DANGERS OF INDOOR AIR AND HOW TO NEUTRALIZE SMOKE, AEROSOLIZED VIRUSES, ALLERGENS, VOC'S AND SCRUB SURFACES:

With Covid, we have a new relationship with the air we breathe and the surfaces we touch. While there are many hidden dangers in our airbiome at home or in a business, there are also solutions to help mitigate viruses, bacteria and other pathogens that can make us sick.

Presented by Lada Korol-Longevity Path

12:00 PM

NIA MOVING TO HEAL:

Everyone says you should move, but what if it hurts? You can learn how to make small choices in everyday life or an exercise session, so you can feel better. Philosophy plus practice makes it possible.

Presented by Janet Hollander-Moving Toward Health

1:00PM

HEALING FROM PAST TRAUMA:

Trauma manifests itself through resistance to success in health, wealth and relationships. It gets in the way of your personal growth because with trauma comes the thoughts that you are not enough; you are not worthy of love and success. The energy of emotional trauma gets held in the subconscious and also stored in the body. We are triggered by it. It directs our behavior in how we care for ourselves and others; in allowing ourselves to love and be loved in a healthy way.

Those attending this seminar will be gifted a copy of the book: JOURNAL THROUGH PAST TRAUMA, A PROCESS FOR HEALING/AUTHOR SUSAN POLE.

Presented by Susan Pole-Susan Pole Healing

2:00 PM

THE FOUR PILLARS OF THE NEW RETIREMENT:

The purpose of this seminar is to share insights from the Edward Jones/Age Wave research about how retirement is changing. Attendees will gain the knowledge about the four pillars to think through their own circumstances, goals, and challenges so that they can take action today toward living retirement on their terms.

Presented by Marc Bickley-Edward Jones

3:00PM

EVERYDAY ESSENTIAL OILS FOR STAYING ABOVE THE WELLNESS LINE:

Come visit with me as I share my top 12 essential oils that I use in my household every day. Whether you are a mom, dad, grandma, auntie or sister these tools will help you feel equipped and prepared for anything.

Presented by Julia Bell-Young Living

4:00 PM

REVERENCE KARATE-DO INSTITUTE:

See a demonstration of karate for the adaptive and special needs community, as well as karate for self-defense.

Presented by Alex Stephens-Reverence Karate-Do Institute