



2009 Health & Wellness Fair Workshops / Activities

<p>10:30 am - 11:15 pm KidZone Room</p>	<p>Learn to Prepare Delicious LIVE Foods for Optimal Health Demonstration: Making delicious live food meals <i>Carlos Dominguez, Certified Live Food Specialist - KINETIC Healing</i></p>
<p>11:30 am - 12:15 pm KidZone Room</p>	<p>Make Your Own Green Cleaning Kit Go home with a product you can use and a packet of recipes <i>Michelle Davis-Poeder, Healthy Home Specialist - Kent County Health Department</i></p>
<p>12:30 - 1:15 pm KidZone Room</p>	<p>Brain Gym: Use Integrative Movement to Facilitate Learning & Enhance Life Active Participation <i>Nancy Ramsdell - Michigan Brain Gym Consortium</i> www.mibraingym.com</p>
<p>1:30 – 2:15 pm KidZone Room</p>	<p>Cooking with Goat Milk Goat Cheese Maker <i>Barbara Jenness, Certified Artisan - Dogwood Farms and Dancing Goat Cheese</i></p>
<p><i>For Kids</i> (Parent Participation Required)</p>	
<p>11:00 - 11:30 am Youth Room</p>	<p>Making Plant Buddies Art Activity: Make it, Take It <i>Robin Roberts, Pharmacist and Local Artist</i></p>
<p>11:45 am - 12:15 pm Entrance (Outside)</p>	<p>EcoTrek for Children Outdoor Exercise Activities <i>Cari Draft Elliot - EcoTrek Fitness</i> www.ecotrekfitness.com</p>
<p>11:45 am - 12:15 pm JAM Room</p>	<p>Movement to Music Gymboree Music (Ages 0-5) <i>Nicole Johnson, OT - Movement to Music</i></p>
<p>1:00 - 1:30 pm JAM Room</p>	<p>Sing Song Yoga™ Children learn poses through songs (Ages 4-11) <i>Deb Weiss-Gelmi - Yoga Studio</i> www.sinsongyoga.com</p>
<p>1:30 - 2:15 pm Conference Room</p>	<p>Applied Aromatic Science for Family, Fellowship, and Profession Slip off shoes, roll up sleeves, experience therapeutic-grade essential oils of old; address challenges of body, mind, and spirit with the gifts from plants <i>Kathy Spohn, FCCI, member ABMP, C.A.R.E Instructor, Facilitator</i> www.oilsofold.abmp.com</p>



2009 Health & Wellness Fair Speakers

<p>10:30 - 11:15 am Room 25 (Upstairs)</p>	<p>Are Allergies Affecting Your Health <i>Barbara Meconis, RN - Holistic Care Approach</i> www.holisticcareapproach.com</p>
<p>10:30 - 11:15 am Room 24 (Upstairs)</p>	<p>Preserving Our Great Lakes Reduce our impact through product choices, storm water management strategies, and volunteerism <i>Rachel Hood, Executive Director - West Michigan Environmental Council</i></p>
<p>11:30 am - 12:15 pm Room 24 (Upstairs)</p>	<p>Cholesterol and Risk Factors for Cardiovascular Disease <i>Dr. Linda Hegstrand, MD, PhD - The Complete Wellness Center</i></p>
<p>11:30 am - 12:15 pm Room 25 (Upstairs)</p>	<p>CPR for Families – Techniques for Improving Family Relationships <i>Dr. Kathryn Den Houter, PhD - Christian Counseling Center</i></p>
<p>12:30 - 1:15 pm Room 25 (Upstairs)</p>	<p>The Story of Stuff Fun, short, compelling DVD. What and why we buy, where it comes from and goes when we are done with it, and its impacts; "Green Team" approach <i>Lisa Locke- Sustainable Research Group</i></p>
<p>12:30 - 1:15 pm Room 24 (Upstairs)</p>	<p>Identify and Remove Barriers to Healing Nutritional Response Testing; barriers could include block immune system, allergies, toxic chemicals and metals, etc. <i>Dr. Keith Sarver, DC, NRT - Natural Health and Healing Center</i></p>
<p>1:30 - 2:15 pm Room 24 (Upstairs)</p>	<p>Get at the Root of the Problem: PsychK and Cranial Sacral <i>Sally Scobey Biggs, Cranial Sacral Therapist and PsychK Practitioner - One World Therapies</i></p>
<p>1:30 - 2:15 pm Room 25 (Upstairs)</p>	<p>Get the Real Dirt on Getting Clean Connection between toxic cleaners and health and learning <i>Connie Udel, Wellness Advisor</i></p>



2009 Health & Wellness Fair

Booth Services (Scheduling Required)

Ion Foot Detox

\$25 / 30 minute session (Upstairs Foyer)
Judy Horner, Reflexologist - Sole Healing (616.648.0092)

Trager Body Work

\$20 / 25 minute session (Exhibitor Room)
Sue Hartman, Certified Practitioner

Chair Massage

(Exhibitor Room)
Chris Shanahan, Massage Therapist - Dominican Center

Functional Thyroid Assessment with Thyroflex

\$20 (Exhibitor Room)
Dr. Hegstrand

Personalized Flower Essence Blends & Kinesiology with Muscle Testing (Exhibitor Room)

Barbara Zviridinis, W.K., C.M.T. - Wholistic Kinesiology Health Services, LLC www.wkhealthservices.com

For Women: Bras by Jeunique

Custom fitted bras for women of all sizes A-N; special design for nursing also (Room 12)
Debra DeVries, Certified Bra Fitter www.ahbras.com/debsbras.htm

Posture Evaluation

(Exhibitor Room)
Dr. Eric Lambert



2009 Health & Wellness Fair Exhibitors

Healthy Products/Foods

Harvest Health Foods www.harvesthealthfoods.com

- * Nutritional supplements, fresh, frozen, canned organic foods/produce, etc.

Sisters Natural Foods (*Pam Greskowiak*)

- * Grass-fed meats and produce

Costco Organic/Natural products (*Richard Campos*)

Global Infusion

- * Fair Trade coffee, tea, chocolate, gifts

Agriculture & Health Alive, LLC (*Paul and Nancy Keiser*) www.healthalive@i2k.com

- * Honey, maple syrup, frozen lamb, wool, and books

Genesis Espresso Bar (*Nicole Colby*)

- * Fair Trade espresso, latte, etc.

Great Harvest Bread Company

- * Wholesome bread tasting; small loaves to purchase

Dancing Goat Creamery from Dogwood Farms (*Barb Jenness*)

- * Artisan goat cheese, soap

Nourishing Ways of West Michigan (*Geri Young*)

- * Nutrient dense foods; books for sale; brochures on Weston A. Price Foundation

The Good Earth Artisan Foods (*Sherry Rop*)

- * Membership receives a basket of hand-produced food delivered to your door twice monthly from local growers and artisans

Shaklee Products (*Connie Udell*)

- * Green cleaning products, nutritional supplements

Mona Vie (*Betty Kingston*)

- * High antioxidant health drink with acai berry and 18 other fruits

KINETIC Healing (*Carlos Dominguez*)

- * LIVE FOOD benefits and preparation (*see workshop*)



2009 Health & Wellness Fair Exhibitors

Health Care & Prevention Specialists

Dr. Kevin Flood, DDS www.floodthedentist.com

- * Holistic dentistry

Dr. Linda Hegstrand, MD, PhD (*speaker*)

- * Holistic physician
- * Thyroflex – Thyroid Functioning Assessment

Dr. Keith Sarver, DC (*speaker*)

- * Natural Health and Healing Center

Dr. Eric Lambert, DC www.dchiro.com

- * Discover Chiropractic
- * Posture evaluation

Dr. Charline Wilson, DVM

- * Pinebrook Farms Pet Care
- * Holistic Veterinarian
- * Meridian Stress Assessment for pets using electro-dermal screening

Barbara Meconis, RN (*speaker*) www.holisticcareapproach.com

- * Comprehensive holistic approaches for health

Linda Feighner, RN

- * West Michigan Pediatrics
- * Health and safety for children

Dale Tamminga, ND www.healthyforlifemi.com

- * Healthy for Life
- * Naturopathic Doctor, specializing in a variety of natural health services

Susan Wente, CNM, Dr. PH

- * Home Birth Works
- * Certified Midwife

Kathy Spohn, FCCI, Certified C.A.R.E. Instructor (*speaker*) www.oilsofoldabmp.com

- * Applied Aromatic Science

Barb and Bob Huttinga

- * The Healing Center
- * Naturopaths; Physician's Assistant; homeopathy, iridology, toe reading, etc.

Wellness Forum (*Sue Scharf*)

- * Wellness topics



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Health Care & Prevention Specialists (continued)

Jordan DeJonge

- * Ondamed demonstration (comprehensive biofeedback therapy) and Earthing (delivering free electrons from the earth back into our bodies) demonstration

Barbara Zvirzdinis www.wkhealthservices.com

- * Wholistic Kinesiology Health Services, LLC
- * Kinesiology, sound healing, flower essences
- * Personalized blends for \$15

Debra DeVries www.ahbras.com/debsbras.htm

- * Bras By Jeunique
- * Certified Bra Fitter

Body Work Professionals

Sally Scobey Biggs (*speaker*)

- * One World Therapies: Cranial Sacral Therapy and Psych-K

Chris Shanahan

- * Dominican Center at Marywood
- * Massage therapy, chair massages

Sue Hartman

- * Certified Trager Practitioner
- * Hands on mini-sessions of gentle, deeply relaxing and enlivening bodywork
- * \$20 for 25 minutes (please schedule)

Judy Horner

- * Sole Healing
- * Reflexology: Ion Foot Detox Bath. (please schedule at 616.648.0092)

Physical Exercise/Fitness

Eco-Trek Fitness (*Cari Draft Elliott*) www.ecotrekfitness.com

- * Outdoor group workouts throughout West Michigan

Yoga Studio (*Carolyn Heines*) www.gryoga.com

- * Classical Hatha Yoga

Gymboree Music (*Nicole Johnson*)

- * Movement to music for 0- to 4-year-olds



2009 Health & Wellness Fair Exhibitors

Psychological/Emotional Health

Behavioral Resources and Institute for Neuropsychological Services

- * Multi-disciplinary center with services such as family/child/adult counseling, Neurofeedback, OT and PT, sensory integration, nutrition

Dr. Nancy Jonker, PhD

- * Integrative Healing Centre, LLC
- * Educational and therapeutic services that combine psychological principles and body work to promote healing of the whole person

Michigan Brain Gym Consortium (*Nancy Ramsdell*)

- * Integrative movement that facilitates learning and balances emotion and behavior, improves physical coordination (*see workshop*)

Spiritual Health

Pastor Sue Petro

- * Spiritual Direction (Serenity Room)

Sustainable Agriculture

Trillium Haven Farm (*Anja Mast*) www.trilliumhavenfarm.com

- * Community Supported Agriculture (CSA)
- * Organic cookbooks and gardening books for sale

Riley Family Farm (*Chad and Naomi Riley*)

- * Community Supported Agriculture (CSA)

Agriculture & Health Alive LLC (*Paul and Nancy Keiser*) www.healthalive@i2k.com

- * Organic gardening, organic fertilizers, Film and discussion series on Monday evenings at Wealthy Theater

Midwest Michigan Herb Association (*Connie Hansen*)

- * Growing and using herbs
- * Master Gardeners available for consult

Family Network (*Gary Lemke*)

- * Special pantry for those with food allergies and chronic illness; resource for community gardens, garden education, special needs loaning library, classes



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Skin and Personal Care

Tracy's Faces (*Tracy Morales*)

- * Licensed Holistic Esthetician
- * Natural skin care; Elina Products available for purchase

Nu Skin (*Helena Lusby & Beth Patch*)

- * Demonstration using the galvanic spa and Hand massage with Baobab Butter

Arbonne International (*Karen Roth*) www.karenroth.myarbonne.com

- * Botanically based products; basic skin care

Nature's Pearl Products (*Billie Sue Berends*) www.naturespearlproducts.com/bsb

- * Holistic skin care products with Muscadine Grape Seed

Health Home & Environmental Sustainability

Kent County Health Department (*Michelle Davis-Poeder*) (*speaker*)

- * Disposing of household hazardous waste and making your own green cleaning products

Sustainable Research Group (*Lisa Locke*)

- * Establishing Green Teams for businesses, institutions, faith communities (ways to bolster budgets, protect the environment, enhance human health, and contribute to community)

West Michigan Environmental Action Council (WMEAC) (*Rachel Hood*)

- * Comprehensive programs to raise environment awareness in communities

Habitat for Humanity (*Colleen Mahon*)

Healthy Living Technology (*Michael Hedrick*)

- * Indoor environmental consulting, energy-efficient full spectrum lighting, State-of-the-art (SAD) lights, air and water filtration, electronic water conditioning, mold inspection and testing



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Non Profit Organizations

Relay for Life, American Cancer Association Fund Raiser (*Deanna Greene*)

* Sale of nourishing drinks

Nourishing Ways of West Michigan

WMEAC

Habitat for Humanity