

The Willamette Valley

Health & Wellness Expo!

Saturday & Sunday

June 7-8, 2008 10 am - 6 pm

Lane Events Center

Eugene Fairgrounds & Expo Center



Admission is FREE! Bring a can of food for Food For Lane County

Living Well...

At The 2008 Willamette Valley Health & Wellness Expo, Health & Wellness professionals will gather to answer your questions and give you tools that can significantly improve your physical, mental, emotional, financial and even spiritual situation. This event will celebrate your journey, honor your vision for good health, and support you as you embark upon a life driven by passion and inspiration, instead of one fraught with concerns, pain or suffering.

The Expo offers the opportunity to build a personal relationship with your Healthcare service providers outside of a health crisis. Chat with them for awhile and experience first hand the services they provide at the office. If there's an event that can increase your awareness of how to live your best life now, this is it. Highlights include:

- Dozens of industry pros to talk to
- Fun activities for children and teens
- Free health screenings • Informative presentations and workshops • Wide variety of vendors and exhibitors
- Hundreds of products and services • Free samples and product giveaways • Receive special rates and discounts • Ends with celebration and prize drawing

For more information, please visit www.lifea-z.org or call (541) 521-2740. Don't miss the Annual Celebration Event for Living Well...

Ramy Louis
Founder & President
Willamette Valley Health
& Wellness Expo!

For a list of all exhibitors, please visit our website at www.lifea-z.org.

Saturday, June 7

Live Lecture Stage Speakers

- 1:00 pm "Feeling and looking good at any age" by Floyce Phoenix and Nushka Debreva, Fox Hollow Residential
- 2:00 pm "Visceral Manipulation" by Jeffrey Burch MS, Certified Rolfer, LMT, The Barral Institute
- 3:00 pm "The Research Behind JuicePlus" by Debra Rudloff, JuicePlus
- 4:00 pm "Non-Surgical Solutions for Lower Back Pain" by Dr. Chris Osterlitz, Chiropractic Healing Center
- 5:00 pm "Health And Happiness", by Master Lee, U.S. Taekwondo College

Workshops

- 1:00 pm **Room A** - "Travel Tips using Essential Oils - Aromatherapy on the Go" by Kimberly Powers, Vice President, Inhalation, Inc.
- 2:00 pm **Room A** - "Dynamic Energy Increase at the Cell Level" by John W. Stoecker, Ph.D. CEO, Univera Life Sciences
- 3:00 pm **Room A** - "Fun, Fast Skin Care Techniques & Touches of Color for Beautiful Soft Skin and Every Skin type" by Anne Geertsens, Executive Sr. Director, AND Kim Kittle, Sales Director, Mary Kay Cosmetics
- 4:00 pm **Room A** - "The Elegance of the Body's Intelligence" by GuruLal "G.L." Kerr, D.C., Thrive Chiropractic
- 5:00 pm **Room A** - "Awakening Consciousness In the Body Temple Using Sound, Movement, Breath and Intention" by Scott Miller and Acacia Land, Didjmedicine Dolphin Temple

Special Fitness Class

- 3-4:00pm **GOLD'S GYM PRESENTS: Group Active by Body Training Systems (Area 2).** A fun class of basic fundamentals for any beginner.

Children/Youth Programs & Activities

- 10:00am - 6:00pm **BOUNCE GYMNASTICS PRESENTS: Fun Trampoline & Tumbling For Ages 1-18 (Area 1)** Trampoline jumping station • Tumbling area • Back yard trampoline safety information
- 10:00am - 2:00pm **NATIONAL ACADEMY OF ARTISTIC GYMNASTICS PRESENTS: Fun Obstacle Course For Ages 2-11 (Area 2)**
- 10:00am - 6:00pm **U.S. TAEKWONDO COLLEGE PRESENTS: Demonstrations & Mini-Lessons For Ages 3 and Up (Area 3)** Demonstration at 1pm. Mini-Lessons on Self-Defense Tactics • Taekwondo Moves & Techniques • Bulding Self-Confidence • And Much More...



Sunday, June 8

Live Lecture Stage Speakers

- 1:00 pm "The Elegance of the Body's Intelligence" by GuruLal "G.L." Kerr, D.C., Thrive Chiropractic
- 2:00 pm "Conquering Burnout" by Bretta Dumesnil, Independent Consultant and Trainer, Vemma
- 3:00 pm "Holistic Medicine for Dogs and Cats" by Doreen Hock, The Healthy Pet
- 4:00 pm "Inspiring Your Body's Amazing Self-Healing Ability" by Zachary B. Corbett, Licensed Acupuncturist
- 5:00 pm "Health And Happiness", by Master Lee, U.S. Taekwondo College

Workshops

- 1:00 pm **Room A** - "Allergy Elimination" by Dr. Shane A. Gofourth, D.C., Veneta Chiropractic Clinic
- 2:00 pm **Room A** - "GOT TMJ?- Unique treatment demonstration" by Dr. Wade Guthrie, D.C., Guthrie Chiropractic & Massage
- 3:00 pm **Room A** - "Dynamic Energy Increase at the Cell Level" by John W. Stoecker, Ph.D. CEO, Univera Life Sciences
- 4:00 pm **Room A** - "Health Care Today: A Do It Yourself Project" by Bretta Dumesnil, Independent Consultant and Trainer, Vemma
- 5:00 pm **Room A** - "Introduction to Upledger Craniosacral Therapy" by Jeffrey Burch MS, Certified Rolfer, LMT, The Upledger Institute

Children/Youth Programs & Activities

- 10:00am - 6:00pm **BOUNCE GYMNASTICS PRESENTS: Fun Trampoline & Tumbling For Ages 1-18 (Area 1)** Trampoline jumping station • Tumbling area • Back yard trampoline safety information
- 10:00am - 12:00pm **YOGA FOR KIDS BY DAREECE NAVARRO, CYKT: Come Play Yoga With Us For Ages 4-9 And 10-13 (Area 2)** Laugh, Roar, Play, Dance, Bark! • Stretch, Strengthen, and Relax! Early Registration Required - Activities Limited to Only 5 Children for each 20 Minute Class. All Participants will receive a Goodie Bag!
- 10:00am - 2:00pm **NATIONAL ACADEMY OF ARTISTIC GYMNASTICS PRESENTS: Fun Obstacle Course For Ages 2-11 (Area 3)**
- 12:00pm - 4:00pm **BODY AND SOUL STUDIO OF DANCE PRESENTS: Mini Dance Lessons For All Ages (Area 2)** Tap • Jazz • Creative Movement...
- 2:00pm - 4:00pm **U.S. TAEKWONDO COLLEGE PRESENTS: Demonstrations & Mini-Lessons For Ages 3 and Up (Area 3)** Demonstration at 2pm. Mini-Lessons on Self-Defense Tactics • Taekwondo Moves & Techniques • Bulding Self-Confidence • And Much More...

Thank You
Sponsors!



Oregon Foot And Ankle Center • Inhalation, Inc. • Kangen Alive Water
Didjmedicine Dolphin Temple • National Academy of Artistic Gymnastics
U.S. Taekwondo College • Bounce Gymnastics • The Life Center