



Winter Wellness Day

Saturday, January 28, 2012

(REGISTRATION AND PREPAYMENT REQUIRED)

10:00 am to 3:00 pm

Proceeds to Benefit

Camp Koala,

a bereavement camp that provides grieving children with the resources to help them cope with their loss of a parent or sibling.

8:30–9:30am FREE YOGA CLASS I will be attending: Yes No
3:30–4:30pm FREE YOGA CLASS I will be attending: Yes No (Choose one only)

Please check one workshop in each time slot

A Healthy Lunch Provided for All!

10:00 - 10:45am

THE HAPPY BRAIN

Learn how to create a daily lifestyle program to help you weather the blues of winter. From treating SAD (Seasonal Affective Disorder) to creating a happier, healthier brain, this workshop will give you specific options for finding that eternal spring in the depths of winter. Learn how nutrition, nutrient therapy, light therapy and simple lifestyle changes can create optimal mood and well-being. - *Deborah Coulston, LMFT*

“POOP HAPPENS”

Constipation? Diarrhea? IBS? Or just too much gas?? Come join Dr. Shoemaker as she helps you understand why poop matters. Learn how subtle or significant imbalances in the gastrointestinal track promote disease and/or wellness. Dr. Jessica will teach you the methods available to assess your poop for greater health. - *Jessica Shoemaker, ND*

11:00–11:45am

MASSAGE...IT'S MORE THAN A FEELING

Discover the science behind touch and learn basic massage techniques that can be performed anytime and anywhere to reduce stress. Hear how massage changes your brain chemistry, lowers your blood pressure, and strengthens your immunity and much, much more. Come prepared so you will unveil the magic in your OWN hands and take home simple techniques for self-massage. - *Norah Riddle, CMT*

GENETICS, LIFESTYLE AND HEALTH: THE SCIENTIFIC TRUTH ABOUT WHO GETS SICK AND WHO STAYS WELL

Humans have become the world's sickest animals. Why is this? What can we do about it? Dr. LeVan will dispel the common myth that we are sick because of bad luck, bad germs or bad genes. You will learn how to take charge of adopting a lifestyle based on your genetic requirements for healthy eating, moving and thinking. - *Bill LeVan, DC*

12:45–1:30pm

12:00 – 12:30 LUNCH PROVIDED

YOUR HOLISTIC HOME SPA

Discover luxurious ways to take care of your mind, body and spirit during the harshness of winter. Do you seek a calming and soothing organic home remedy for aches and pains, dry skin, or stress reduction? Come learn how to create this and more! Create your very own holistic home spa! - *Norah Riddle, CMT & Georgeanne Pritchett, CMT*

FOOD SENSITIVITY: WHAT'S EATING YOU? FROM GLUTEN/WHEAT TO YOUR UNIQUE FOOD ALLERGY

Come learn the spectrum of food sensitivities, intolerance and allergies. Dr. Jessica provides surprising info on food that you may not be aware of. Come learn how food allergies can turn life upside down and what methods of testing are available and accurate. Food allergy or not, Dr. Jessica will be sure to educate you on the foods that cause inflammation for everyone. - *Jessica Shoemaker, ND*

1:45–2:30pm

HEALTH AND WELLNESS JEOPARDY!

Want to learn how to maximize your nervous system and achieve optimal wellness? This interactive workshop explores the realms of chiropractic (social, occupational, physical, emotional & environmental) in a fun and exciting game show format. Put your knowledge to the test, earn prizes & get your wellness on! - *Bill LeVan, DC & Ali Mace*

DETOXIFY YOUR LIFE!

From plastic to cosmetics to cleaners to clutter and, yes, even to relationships, this workshop will teach you how to determine and minimize your toxic load. Learn Deborah's top tips for detoxifying your life and creating the healthiest environment inside and out. Learn to *thrive* not just survive! - *Deborah Coulston, LMFT*

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone # _____

Email _____ Form of Payment Cash Check Credit Card

Credit Card # _____ Exp Date ____/____ Security Code _____

Please drop off or mail registration form and payment to:
The Family Wellness Center, 1000 Briarsdale Road, Harrisburg, PA 17109
(Sorry, no refunds)

\$40 per person or \$70 per couple (before 12/31/11)
\$45 per person or \$80 per couple (after 1/1/12)
Call 558-8500 with any questions.