

2017 EUGENE HEALTH & WELLNESS EXPO SEMINARS

SATURDAY, OCTOBER 7

11:00 AM

OPTIMAL NUTRITION FOR OUR COMPANION ANIMALS:

Conversation of common diets on the market, a comparison, cost/benefit analysis & misnomers about “natural” diets and supplements.

Presented by Teri Sue Wright, DVM-Balance Veterinary Care

12:00 PM

INFRARED BREAST HEALTH & PROTECT YOUR BREASTS:

Reduce the risk of breast cancer or it’s reoccurrence with “Protect Your Breasts”, an educational program and book. Infrared thermography identifies issues 3-8 years prior to mammograms.

Also, a discussion with a holistic nurse practitioner regarding hormone balance, thyroid and weight loss.

Presented by Ingrid Edstrom FNP, M.Ed-Infrared Breast Health/Protect Your Breasts

1:00 PM

“The Vaccine-Friendly Plan: What you need to know for true INFORMED CONSENT”:

I will present my journey to becoming a Pediatrician, what led to my leaving my group practice and starting Integrative Pediatrics and then share some data from my new practice, introduce my book “The Vaccine-Friendly Plan” and share information about Informed Consent and results from the published study by Mawsen comparing vaccinated to unvaccinated children’s health outcomes.

Presented by Paul Thomas MD-Integrative Pediatrics.

2:00 PM

HOW TO HAVE A HEALTHY PREGNANCY AND AN AWESOME BIRTH:

A hands-on interactive talk that teaches participants-birth professionals and expecting parents alike-about the importance of good nutrition, physical activity, avoiding toxins, and seeking out the best prenatal care. We will also cover how to have healthy communication in our relationships with care providers and support people in order to positively shape the outcome of our pregnancy and childbirth experiences.

Presented by Jennifer Margulis, Ph.D Author of Your Baby, Your Way: Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family-www.JenniferMargulis.net

3:00 PM

TOTAL WELLNESS: MIND AND BODY/ADVANCED CELL RENEWAL:

We will discuss new science that can reduce the rate of DNA damage in as few as 14 days, using plant based formulas. Also mind health.

Presented by Curt Masterson, Storm Kennedy and Shannon O’Leary-Univera

4:00PM

FOUR FUN WAYS TO STAY ON YOUR FEET:

We must keep moving if we want to maintain or improve our physical abilities/body. Community support and having fun are key elements for staying consistently active. The residents and staff of Willamette Oaks demonstrate 4 fun ways to improve and maintain balance (a major concern as we age). We will showcase Nia, Better Bones and Balance, Qi Gong, and everyday life movements for improved balance.

Presented by Janet Hollander & Chandra Bigelow-Willamette Oaks

4:45PM

CHAIR YOGA:

Chair yoga with Suman is gentle and easy for anyone. These exercises can boost your mind body fitness.

Presented by Suman-Master Instructor-Tai Chi Yoga Center

SUNDAY, OCTOBER 8

11:30AM

QUIGONG:

Quigong with Suman is gentle and easy for anyone. These exercises can boost your mind body fitness.

Presented by Suman-Master Instructor-Tai Chi Yoga Center

12:00 PM

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2:00 PM

HEALING MULTIPLE SCLEROSIS AND LYME DISEASE USING REAL FOOD! MY STORY!

I will be sharing my journey with Multiple Sclerosis and Lyme Disease and how I used nutrition to recover.

Presented by Beth Schultz, NTP, CGP-Beth Schulz, NTP

3:00 PM

HOW TO STAY YOUNG:

As we live longer, we want to maintain our mobility well into our golden years. HERE'S HOW!

Presented by Dr. Beth Washak-Eugene Family Chiropractic

4:00 PM

COMMON EYE HEALTH PROBLEMS:

An overview of many of the common eye conditions, and their treatments.

Presented by Dr. Bala Ambati-Pacific ClearVision Institute