

# 2018 SPRING FLING FOR WOMEN ANCHORAGE HEALTH & WELLNESS EXPO SEMINARS & DEMONSTRATIONS

**SATURDAY, APRIL 21**

**11:30 AM**

**STAGE: Ferments for Life:**

Learn why lacto fermented Farm 779 products can be a game changer. Understand how to incorporate them into your everyday meals. Recipe ideas and science based information.

*Presented by Julie Meer Ph.D, H.C.-Farm 779*

**SEMINAR ROOM: Building Stronger Relationships through New Experiences:**

What does science show us about achieving greater happiness in our work, personal and romantic relationships? Can new experiences offer new opportunities to grow?

*Presented by Graeme Deishl-Alaska Escape Rooms Inc.*

**12:00 PM**

**STAGE: Women's Iron Curl:**

Watch and learn the technique of doing a proper iron curl with a flat iron.

*Presented by Rhonda Guest-Hair by Rhonda*

**SEMINAR ROOM: The Truth about the Beauty Industry and How to Choose Safer Products:**

I will give some facts about the current state of the U.S. personal care industry and address health issues affiliated with ingredients in many products. I will also give tools on how to find safer and healthier products.

*Presented by Amanda Koch-My Well-Balanced Life*

**1:00 PM**

**STAGE: Holy Yoga Class Demonstration:**

An instructor will demonstrate a Holy Yoga class. There will be time spent before demonstrating the class to share the concept of yoga.

*Presented by Chris Coursey-Spirit Fit Yoga, LLC*

**SEMINAR ROOM: Be Your Own Hypnotist: Learn How it Works and What it Can Do for You:**

You have a powerful genie (your subconscious mind) just waiting to please you. Obtain what you deserve and desire for 2017 and every year with simple yet powerful self-hypnosis secrets.

*Presented by Deborah Faithrose, Certified Hypnotist & Instructor and Shelah Slade, Certified Hypnotist-Hypnosis Center of Anchorage*

**2:00 PM**

**STAGE: Alaska Tracy presents: Vision Map Your Way to Financial Freedom:**

Learn how a Vision Mapping can grow your business and life. You will get an opportunity to do a mini Vision Map.

*Presented by Tracy Roesch Williams-Alaska Tracy*

**SEMINAR ROOM: Alternative Remedies for Health & Wellness:**

Introducing Essential Oils. How to select oils for therapeutic benefits. Reasons for selecting purity and potency. Learning how to reduce chronic inflammation in the bodies.

*Presented by Jackie Garcia-Oils to Nourish*

**3:00 PM**

**STAGE: Fitness Demonstration:**

Join us to watch the latest group fitness classes in action! The Alaska Club offers Zumba, Insanity, PiYo, Yoga, Group Cycle and more!

*Presented by The Highly Trained Instructors at The Alaska Club.*

**SEMINAR ROOM: How Let Every Woman Know-Alaska is Bringing a Voice to GYN Concerns:**

This is an explanation of our organization, our vision and mission, programs, events and goals for GYN cancer awareness and support in Alaska.

*Presented by Ali Tolman-Let Every Woman Know-Alaska*

#### **4:00 PM**

**SEMINAR ROOM: Decoding for Health-Empower yourself towards healing! How to communicate to the Brain to understand and facilitate healing! Learn the causes of stress in the creation health imbalance and health issues people suffer:**

In this mini workshop, people will understand what is the relation of stress towards diseases and how we can learn to communicate to the brain to create balance in our lives. People will also learn how to create a mind heart coherence.

*Presented by Rosalie South-Healing Touch of the Heart*

### **SUNDAY, APRIL 22**

#### **11:30 AM**

**STAGE: Ferments for Life:**

Learn why lacto fermented Farm 779 products can be a game changer. Understand how to incorporate them into your everyday meals. Recipe ideas and science based information.

*Presented by Julie Meer Ph.D, H.C.-Farm 779*

**SEMINAR ROOM: Building Stronger Relationships through New Experiences:**

What does science show us about achieving greater happiness in our work, personal and romantic relationships? Can new experiences offer new opportunities to grow?

*Presented by Graeme Deishl-Alaska Escape Rooms Inc.*

#### **12:00PM**

**STAGE: Hafi Harim Middle Eastern Dancers:**

Experience the beauty, magic, and mystique of Middle Eastern Dance as Hafi Harim shares their love of dance. In joyful traditional and modern dances, the mothers, daughters, sisters and friends of Hafi Harim will enchant all ages.

*Presented by: Hafi Harim Middle Eastern Dancers*

**SEMINAR ROOM: The Most Powerful Superfood-Arctic Chaga:**

History-Harvesting-Preparing-Benefits-Skincare.

*Presented by Dennard Hegna-Arctic Chaga*

#### **1:00 PM**

**STAGE: The Colors of Transformation:**

We all know that food can be healing, and sometimes even harmful, but did you know that the colors that plants provide can be a beautiful road map to vibrant health? Join Winona Benson, Health Coach and Plant Based Cook as she takes you on an adventure of color, tastes and organic nutrients that will transform the way you look at your food and lead you on a journey toward wellness.

*Presented by Winona Benson-Nourished Health Coaching Services*

**SEMINAR ROOM: Detecting Cancer with the Breath:**

Power Point presentation plus discussion regarding use of breath to detect cancer.

*Presented by Dolly Lefever-Alaska Bio Canines*

#### **2:00 PM**

**STAGE: Men's Hair Styling and Cutting Demonstration:**

Rhonda will show techniques of men's hair styling and a quick haircut.

*Presented by Rhonda Guest-Hair by Rhonda*

**SEMINAR ROOM: Be Your Own Hypnotist: Learn How it Works and What it Can Do for You:**

You have a powerful genie (your subconscious mind) just waiting to please you. Obtain what you deserve and desire for 2017 and every year with simple yet powerful self-hypnosis secrets.

*Presented by Deborah Faithrose, Certified Hypnotist & Instructor and Shelah Slade, Certified Hypnotist-Hypnosis Center of Anchorage*

#### **3:00 PM**

**SEMINAR ROOM: Ayahuasca and Shamanism I Shared across Cultures:**

Gina Marie is originally from Holy Cross, Alaska. In 2009 she moved to Peru where she lived, worked and studied with some of the most recognized Ayahuasquerns in the world. Come and learn about the wonders of plant medicine shamanism!

*Presented by Regina Marie Randall-Belleza Salvaje*