

2019 EUGENE HEALTH & WELLNESS EXPO

SEMINARS/DEMONSTRATIONS

SATURDAY, OCTOBER 12

11:00 AM

SKINCARE TIPS FOR EVERY TYPE:

A presentation on the various skin types and home care tips that will keep your complexion healthy and radiant looking for years to come. There will be sample demonstrations one lucky audience member will win a free facial.

Presented by Bianca Marx-Bianca's Esthetics

11:30 AM

ABCS OF CBD & MORE:

This seminar will cover the ABCs of CBD. It will also highlight benefits of CBD fluid and plant medicine.

Presented by Maria Guerrero, Health Educator-Tranont

12:15 PM

HOW TO RECEIVE DIVINE GUIDANCE & HEAR THE WHISPERS OF YOUR SOUL:

In this Seminar Lada will teach you techniques you can try in order to receive guidance from your Soul, Divine teachers or Source.

Presented by Lada Korol-Messages from The Divine

1:00 PM

HOW TO REPAIR AN OVERFLOWING RAIN BARREL WITH LIFESTYLE MEDICINE:

The great equalizer is that we have all experienced times in our lives when our rain barrel is overflowing. The challenge is recognizing that it is occurring and the goal is prevention. An overflowing rain barrel often manifests in the form of anxiety, depression, hypertension, diabetes, cancer, fatigue, autoimmune syndromes, and many other chronic diseases. We will present simple, evidence-based tips to drain your toxic rain barrel with the goal of your best health and well-being in mind.

Presented by Tabitha Childers, NP-Essential Healthcare (Tabitha is a Nurse Practitioner who has worked in the healthcare industry since 2003. She is passionate about wellness and owns her own practice in the heart of Eugene's Market District)

1:30 PM

SPIRAL; THE SHORTEST DISTANCE TO HEALTH:

This talk is about my personal and professional journey of healing. My inner wisdom helped me recover from chronic pain, chronic bronchitis and asthma. Now, I help others listen inside themselves to gain valuable resources to heal. I will explain why this works and why allopathic practitioners don't always listen.

Presented by Cindy Bloom, LMT-Talking Rhythms Massage

2:15 PM

5 ELEMENT ACUPUNCTURE THEORY AS HEART BASED MEDICINE:

Presenter was trained in Boulder, Colorado and has treated all ages and likes to meet clients in a safe space between the actual and the real.

Presented by Heath Whitney, Lic Ac-Heath Whitney 5 E Acupuncture

3:00 PM

STOP DIETING FOR GOOD! AN INTRODUCTION TO DIET CULTURE, WEIGHT STIGMA, AND INTUITIVE EATING:

With so many diets out there how do you know the right one to choose? Who is doing what and how is it working for them? Do you pick something your friends and family have tried? Do you follow celebrity trends? What actually works?

The real answer is none of them work in the long term. Research shows that most people gain back all of their weight, if not more, within 5 years of initial weight loss.

In this presentation Registered Dietitian Dana McCallister will discuss how to identify and combat the influences of diet culture, weight stigma and thin privilege, as well as evidence-based research on how to get off the diet rollercoaster for good!

Presented by Dana McCallister, RD, LD-Artemis Nutrition PNW

4:00 PM

QIGONG/TAICHI AND HEALTH:

Why Qigong/Taichi is the most healing practice one can do. We will go over some basic anatomy of the nervous system and connective tissue and their relationship to health and how qigong helps them. This will be followed by a demonstration of the various styles of internal martial arts; qigong, bagua, xin yi, and Tai Chi.

Presented by Lucas Weiss, LMT, RCST-Beyond Body Healing Art

SUNDAY, OCTOBER 13

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Presented by Cindy Bloom, LMT-Talking Rhythms Massage

2:15 PM

LOVE YOUR BODY, LOVE YOUR LIFE

Learn wellness meditation and movement. Education by powerpoint demonstration and next steps. Hear offers of what InJoy Wellness provides.

Presented by Tresa Beaver-InJoy Wellness Massage

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