

# 2022 SALEM HEALTH & WELLNESS/WOMEN'S EXPO SEMINARS/DEMONSTRATIONS

**SATURDAY, JANUARY 8TH**

**11:00 AM**

## **Women's Self Defense:**

Learn to utilize practical Self-defense moves for everyday women from 4<sup>th</sup> Degree Black belt and instructor Sandra Davis

*Presented by Sandra Davis-West Salem Shao-Lin Kempo*

**11:30 PM**

## **Curves Health & Wellness Series:**

Talking about the health benefits of strength training at Curves as well as educational classes provided by our facilities.

*Presented by Christal Sperling-Curves*

**12:00 PM**

## **Using Cannabis as Medicine:**

Rhea Graham will discuss how to use various Smokeless Cannabis Remedies such as capsules, tincture, elixir, suppositories, topicals, and more as medicine to treat your conditions. She has been aiding patients with their smokeless cannabis journey since 2011 and intends to open a Cannabis Healing Center in the future.

*Presented By Rhea Graham-Albany's Canna Kitchen & ACKR Clinic*

**1:00 PM**

## **Hip & Knee joint Health:**

Dr. Hess and Dr. Aggrey will present common hip and knee problems, discuss the prevalence of arthritis and how it's managed, cover non-surgical treatment options and when joint replacement is necessary. Their presentation will be followed by a Q&A session with the audience.

*Presented by Dr. Shane Hess & Dr. Gerald Aggrey-Hope Orthopedics of Oregon*

**2:00 PM**

## **Health Insurance 101:**

Carolyn Black will explain how health insurance works and what your coverage options are. Discuss the additional savings options now available thanks to the American rescue plan. Debunk myths related to health insurance and the affordable care act & Answer Questions about health insurance in Oregon.

*Presented by Carolyn Black-Oregon Health Insurance Marketplace*

**3:00 PM**

## **Tao Science of Quantum Healing:**

Join Dr. Rulin Xiu, Quantum Physicist, Master Teacher & Tao Calligraphy Grandmaster of Tao Center Portland as she demonstrates Miracle Healing and then Explains it in an easy and simple to understand manner

*Presented by: Rulin Xiu PhD-Tao Center Portland*

**4:00 PM**

**Women's Self Defense:** Learn to utilize practical Self-defense moves for everyday women from 4<sup>th</sup> Degree Black belt and instructor Sandra Davis

*Presented by Sandra Davis-West Salem Shao-Lin Kempo*

**4:30 PM**

## **Everyday Essential Oils for Staying Above the Wellness Line:**

Come visit with me as I share my top 12 essential oils that I use in my household every day. Whether you are a mom, dad, grandma, auntie or sister these tools will help you feel equipped and prepared for anything.

*Presented by Julia Bell-Young Living*