

2022 CENTRAL OREGON HEALTH & WELLNESS EXPO

SEMINARS/DEMONSTRATIONS

SATURDAY, MAY 14

10:30 AM

FASCIA: THE NEW ORGAN YOU HAVEN'T HEARD OF:

Discover the incredible fascial system and how myofascial release may be the answer to that annoying pain that won't go away.

Presented by Robbie Bianchi-Pray-Whole Body Robbie

11:00 AM

NOURISH 8 WEEK HEALTH PROGRAM; Jumpstarting your Metabolism & boosting energy at any age- Debunking the myth Diet Culture sells us:

I will be sharing about my NOURISH 8 week health program and benefits of joining. I will be talking about some of the myths of diet culture and how the program will help clients develop sustainable health in their life without ever dieting again.

Presented by Deanna De Witt-Deanna De Witt Wellness

11:30AM

FINDING THE MISSING KEY TO UNLOCK YOUR HEALTH POTENTIAL:

Dr. Dale Ellwein demonstrates how to quickly find the cause of your health problem.

Presented by Dr. Dale Ellwein-Standing Tall Chiropractic

12:00 PM

HEADACHE AND MIGRAINE RELIEF WITHOUT THE SIDE EFFECTS:

Do you have headaches and migraines? If so, you should attend Dr. Schulz's presentation on a non-invasive approach to headache and migraine relief without any side effects.

Presented by Dr. Ryan Schulz-Vertical Wall Headache and Migraine Specialists

1:00PM

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 and answer questions about health insurance in Oregon.

Presented by Carolyn Black-Oregon Health Insurance Marketplace

2:00 PM

"WE ARE ALL ATHLETES", WHAT YOU ARE CAPABLE OF MAY EXCEED YOUR REALM OF POSSIBILITY:

This presentation will start by breaking down the art of learning new skills through repetition comes mastery and doing drills to illustrate that fact.

Presented by Ryan Adams-Athletic Society Bend

3:00PM

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

4:00 PM

DANGERS OF INDOOR AIR AND HOW TO NEUTRALIZE SMOKE, AEROSOLIZED VIRUSES, ALLERGENS, VOC'S AND SCRUB SURFACES:

With Covid, we have a new relationship with the air we breathe and the surfaces we touch. While there are many hidden dangers in our airbiome at home or in a business, there are also solutions to help mitigate viruses, bacteria and other pathogens that can make us sick.

Presented by Lada Korol-Longevity Path

4:30 PM

PROTECTING SENIORS FROM FINANCIAL FRAUD AND IDENTITY THEFT:

This is a one hour Power Point Presentation touching on the different kinds of fraud and identity theft to be on the lookout for along with tips and resources to help protect yourself and those you care for.

Presented by Gloria Vloedman-Home Instead