

2022 EUGENE HEALTH & WELLNESS EXPO

SEMINARS/DEMONSTRATIONS

SATURDAY, OCTOBER 15

10:30 AM; 12:45 PM; 2:45 PM

OFFICE ERGONOMICS:

Why am I so uncomfortable at my desk? How to achieve the best posture at your work desk. What are some no-cost solutions?

Presented by Linda Dunham, COEE and Danial Padilla, COEE-Relax the Back-This presentation will be in booth numbers 116 & 117 in front of the main entrance for 20 minutes.

11:00 AM

POWER ON WITH LIMB LOSS/BO-YOGA DEMONSTRATION WITH AUDIENCE PARTICIPATION:

Talk about Power On With Limb Loss with a slide show. Exercise with Bo-Yoga staff.

Presented by Paula Free-Power On With Limb Loss

11:45AM; 3:15 PM; 5:00 PM

ZERO GRAVITY AND NEUTRAL POSTURE:

We will demonstrate with recliners: What is Neutral Posture and it's benefits. What is Zero Gravity and it's benefits. Why do Doctors often recommend zero gravity and neutral posture?

Presented by Linda Dunham-Relax the Back-This presentation will be in booth numbers 116 & 117 in front of the main entrance for 15 minutes.

12:00 PM

LET'S TALK KETAMINE: A PANEL DISCUSSION:

This is a panel discussion of clients, families and clinicians sharing their experience with ketamine.

Presented by Jonathan Wayne (+7 others)-NTX

1:00PM

LISTENING TO THE BODY WITH KINESIOLOGY: BREAKTHROUGHS IN PERSONALIZED MEDICINE:

Never have to guess again with your health questions. Kinesiology is the ultimate tool in Personalized Medicine. With this tool I will show you how to tap into your body's limitless wisdom.

Presented by Hesu Whitten DC-Whitten Method

2:00pm

DANGERS OF INDOOR AIR AND HOW TO NEUTRALIZE SMOKE, AEROSOLIZED VIRUSES, BACTERIA, ALLERGENS, ODORS AND SANITIZE 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. Alisa will also talk about natural healthy pet products and the importance of clean air & surfaces for a healthy home with pets.

Presented by Lada Korol-Vollara and Alisa Jensen Dean-Dream Oh So Big

3:00PM

REVERENCE KARATE-DO INSTITUTE:

Self Defense Demonstration

Presented by Alex Stephens-Reverence Karate-Do Institute

3:30PM

CHANGE YOUR FOOD TO CHANGE YOUR LIFE:

As seen on the preeminent documentary about the US dietary guidelines and the ketonic diet, Army pilot and founder of Captain Soup, Brian Gaudette, will share how he used a low-carb paleo approach to lose 50lbs and clinically reverse his IBS and autoimmune disease.

Presented by Founder and CEO of Captain Soup Brian Gaudette-Captain Soup

4:15 PM

TRAUMA-INFORMED MUSIC THERAPY; BEHAVIORS OR TRAUMA RESPONSES:

Trauma informs the neurological response of behavior and emotion. Implementing behavior focused therapy before addressing trauma is often ineffective. Music Therapy provides a unique approach for supporting a healthy nervous system, often without the need for verbal communication, allowing individuals of all ages and needs to process and heal from the trauma of daily life or large events.

Presented by Hannah Bennion, MT-BC-Joyful Noise Music Therapy

SUNDAY, OCTOBER 16

10:30 AM 12:45 PM; 2:45 PM

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10:45 AM

LIFE STYLE MEDICINE/FOOD AS MEDICINE

Lecture on Lifestyle Medicine/Food as Medicine-Discuss community resources that are free to help people prevent and reverse chronic diseases.

Presented by Charlie Ross D.O.-Eugene Plant Based Providers

11:45AM 3:15 PM; 4:00 PM

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Presented by Hesu Whitten DC-Whitten Method

2:00 PM

PUT YOUR RETIREMENT PLAN TO WORK:

Retirement can mean different things to different people. Taking advantage of your employer-sponsored retirement plan is one way to help prepare for whatever kind of retirement you have ahead. Come join us to learn about the importance of saving for retirement, how to save through your employer-sponsored plan and other tax-advantaged options for building your retirement savings.

Presented by Shiloh Powers-Edward Jones

2:45PM

THE MAGIC POWER OF A BELIEF CHANGE:

Guided meditation with a belief change.

Presented by Els van der Horst-Conscious Being

3:30PM

CREATING AN EQUAL OPPORTUNITY FOR CHILDREN WITH DISABILITIES:

The world we live in is changing and we need to bring a change to the world by motivating, elevating and celebrating disabilities. Because every child deserves the right to have an equal opportunity to learn, grow and play. Learn how MEC Disabilities is bringing a change and impacting children with disabilities and families nationwide.

Presented by Nikki Sanger-Founder and President-MEC Disabilities

4:00 PM

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Self Defense Demonstration

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4:20 PM

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