

2023 CENTRAL OREGON HEALTH & WELLNESS EXPO

SEMINARS/DEMONSTRATIONS

SATURDAY, JUNE 3rd

10:00 AM-5:00 PM

BENDBITS KIDS RUN CLUB INTERACTIVE OBSTACLE COURSE:

The Kids Healthy Playroom will be open during the entire Expo featuring an obstacle course with 4 activities plus 3 “Power Stations” featuring carnival like games. We will keep your kids engaged and getting their energy out!

Presented by Jess Lutz, Owner and Coach-BendBits Kids Run Club

10:30 AM

10 MINUTES TO CHANGE YOUR LIFE:

Justin Little, LMFT has had over a decade of experience practicing and teaching mindfulness as a Marriage and Family Therapist and more recently as a certified Integrative Nutrition Health Coach. In this presentation, Justin will demonstrate a simple daily practice that combines the latest developments in mindfulness, neuroscience and biology in order to improve brain and nervous system function.

Presented by Justin Little, LMFT, INHC-Forage Wellness Collective

11:00 AM

DISCOVERING THE UNDERLYING CAUSES OF YOUR HEALTH CHALLENGES:

Dr. Dale will demonstrate how he communicates with a Patient’s Innate Intelligence using advanced muscle testing techniques and experience, discovering underlying imbalances and solving their health challenges.

Presented by Dr. Dale Ellwein-Standing Tall Chiropractic

11:30 AM

GROW PRODUCE ALL YEAR WITH TOWER GARDEN:

How the Tower Garden works, what you can grow, tips for a successful garden.

Presented by Deb Rudloff-Northwest Passage2 Health

12:00PM

CULTIVATING INTENTIONAL CONNECTIONS WITH NATURE USING FOREST BATHING PRACTICES:

This presentation/demonstration will introduce the Biophilia hypothesis and how humans are physiologically wired to be outdoors. I will guide others in considering their unique relationships to our earth and offer ways to cultivate deeper connections when they are outdoors. I will introduce forest bathing and share some of the science behind the practice as preventative medicine and how this practice is utilized in other regions of the world.

Presented by Missie Wikler-r’oming yoga

12:30 PM

MAKEOVER YOUR METABOLISM:

Discover the hidden habits that trash your metabolism, disrupt hormones. You’ll learn simple practical ways to support a robust metabolism, vibrant energy & find your happy, healthy weight!

Presented by Deanna DeWitt-Deanna DeWitt Wellness & Functional Nutrition

1:00 PM

OREGON HEALTH INSURANCE BASICS:

Explanation of how health insurance works and what your coverage options are. Discussion of health coverage savings. Debunk myths related to health insurance and the Affordable Care Act. Answer questions about health insurance in Oregon.

Presented by Allie Wilgus– Oregon Health Insurance Marketplace

1:45PM

RULES OF THE ROAD:

Rules of the Road. Learn the Basics of Investing!

Presented by Jessica Torres-Baltazar-Edward Jones

2:30 PM

“FIGHT THE BLUE LIGHT WITH LUTEIN”:

“Discover why Lutein is great for our eyes, but also a super nutrient for the brain throughout our entire lifetime and perfect our skin when spending time in the sun”.

Presented by Carmen Ugas, Nutritional Health Coach-Natural Grocers

3:15 PM

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