

# 2023 EUGENE HEALTH & WELLNESS EXPO

## SEMINARS/DEMONSTRATIONS

**SATURDAY, OCTOBER 14**

**10:30 AM**

### **CONSUMER GUIDE TO PRIMARY CARE:**

A discussion about the current healthcare system and how to navigate it. Some of the unfortunate struggles in our healthcare system and how Direct Primary Care can be the solution for truly accessible, available, and affordable healthcare. At Clear Health Direct Primary Care we have the single most important thing lacking in primary care: Time. We take the time to get to know you, educate you, and build a treatment/prevention plan as unique as you are.

*Presented by Nicholas Jones, MD-Clear Health Direct Primary Care*

**11:00 AM**

### **BO YOGA FOR NECK, BACK AND SHOULDERS:**

Do you have pain or stiffness in your neck, back or shoulders? Combining gentle yoga and qigong with the support of the Bo Yoga Bar, this class will melt your stress away and leave you feeling fantastic. The Bo Yoga Bar is a unique, padded staff that is light and flexible and can be used to release tension, increase range of motion as well as support your balance and alignment. Bo Yoga founder Nate Guadagni has over 18 years of experience working with older adults to increase their quality of life.

*Presented by Nate Guadagni-Founder-Bo Yoga.*

**12:00 PM**

### **STRESS, HORMONES, AND HEALTH:**

This is a discussion about finding the root cause of your symptoms. We educate and empower you to take control of your health before a health crisis. We will discuss signs of hormone imbalance, decreased libido, stubborn weight, inflammation, poor digestion, bloating, overwhelming fatigue, stress, anxiety, sleep issues, and more! **“personalized care for optimal wellness”**

*Presented by Kari Rocco, FNP-Rocco’s Remedy*

**12:45 PM**

### **HEARING TECHNOLOGY AND HOW IT WORKS FOR YOU:**

Explain the latest technology incorporated in today's devices and services offered at the offices.

*Presented by Elizabeth Miller, Hearing By Design*

**1:00PM**

### **CHIROPRACTIC & THE NERVOUS SYSTEM:**

Chiropractic care and nerve system health.

*Presented by Dr. Kevin Krautsack-Emerald City Family Chiropractic*

**2:00pm**

### **FOOD AS MEDICINE; PREVENTING AND REVERSING DISEASE WITH FOOD CHOICES:**

Discussion of how what we choose to eat can help us improve our health. Discussion of the evidence based nutrition science as it relates to chronic illness treatment. Question and answer session on nutrition information that may be confusing to you.

*Presented by Eugene Plant Based Providers*

**3:00PM**

### **RETHINK ADOPTION:**

Adoption has changed! Choice has become a leader in the changing world of adoptions, and we are providing safe, loving adoptions to the birth parents of Oregon and Washington. How do we talk about adoption? How do we, as an agency, support our clients from that first text message or phone call? And how can we, as a community, support those who are on their adoption journey?

*Presented by Hannah Groven-Choice Adoptions*

**4:00PM**

**KANGEN WATER WITH POWER POINT:**

Power Point Demo of types of water and uses. Health benefits of alkalinity on the body because of water.

*Presented by David Yuhas-Life Health Research*

**SUNDAY, OCTOBER 15**

**11:30 AM**

**HEARING TECHNOLOGY AND HOW IT WORKS FOR YOU:**

Explain the latest technology incorporated in today's devices and services offered at the offices.

*Presented by Elizabeth Miller, Hearing By Design*

**12:00 PM**

**HOW TO HAVE CLEAN, SAFE AIR INDOORS YEAR ROUND.**

Oregon has a lot of air challenges: from allergens in the spring and summer, to smoke in late summer and fall; from mold to the flu season. Having safe, clean air in your indoor environment will help ease allergies, sneezy noses, itchy eyes, asthma, respiratory issues, transmission of pathogens and make your home a sanctuary. Your pets will thank you too! We have great solutions.

*Presented by Lada Korol and Garrett Wolford-Perfect Climate Heating and Air*

**1:00PM**

**KANGEN WATER WITH POWER POINT:**

Power Point Demo of types of water and uses. Health benefits of alkalinity on the body because of water.

*Presented by David Yuhas-Life Health Research*

**2:00 PM**

**FOOD AS MEDICINE; PREVENTING AND REVERSING DISEASE WITH FOOD CHOICES:**

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*Presented by Eugene Plant Based Providers*

**3:00PM**

**YOU KNOW PILATES, NOW MEET LAGREE!:**

LAGREE DEMONSTRATION-Lagree Fitness is a high-intensity, low-impact workout that combines strength, cardio, balance, and flexibility. At Lagree+ we utilize the Mini Pro machine, which provides resistance through spring-loaded cables, and emphasizes slow and controlled movements. The workout aims to target all major muscle groups, increase endurance, and improve posture. It also emphasizes proper form, core engagement, and controlled breathing, making it a full-body workout suitable for all fitness levels.

*Presented by Jessica Mermis-Lagree Plus*

**3:30PM**

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*Presented by Nicholas Jones, MD-Clear Health Direct Primary Care*

**4:30PM**

**HUMAN ENERGETICS AND SOUND FREQUENCIES:**

We are Dedicated Researchers and Practitioners of Holistic Alternative Health Practices including many varieties of sound and color therapy. We have spent a lifetime educating and acquiring experience in alternative medicine and have a strong desire to share our knowledge with the world.

*Presented by Mike Beverly-ReMynde Energetics & Spa*