

2024 SPRING FLING FOR WOMEN ANCHORAGE HEALTH & WELLNESS EXPO SPRING BABY FAIR SEMINARS & DEMONSTRATIONS

SATURDAY, APRIL 6

10:30 AM

SEMINAR ROOM: DDP Yoga:

DDP Yoga uses dynamic resistance where you perform the same actions you would when lifting weights but without the barbells. Instead, you use your own body and muscle tension to add resistance. Low impact on joints, build strength, increase flexibility and burn calories. Appropriate for all fitness levels and abilities.

Presented by Brandon Highsmith-Instructor-YMCA of Alaska

11:00 AM

SEMINAR ROOM: Essential Oil Basics:

Come learn the basics of essential oils, what are they? How do they work? How do I use them safely and effectively?

Presented by Leesa Bridges-DoTerra

12:00 PM

SEMINAR ROOM: Neurosurgical Disease:

What we do as Neurosurgeons. What is a Neurosurgeon? All other symptoms and diseases we treat. Waller-Neck-(cervical) carpal tunnel. Perrin-Back/Si Joint.

Presented by Dr. Samuel Waller and Dr. Richard Perrin-Coastal Neurology and Neurosurgery

1:00 PM

SEMINAR ROOM: Biofield Tuning-The practice of using sound to help relieve stress and improve physical, mental and emotional health:

Come deep dive into cutting edge scientific theory and ancient knowledge systems simultaneously to discover how tuning forks can transform your health! This exploration of subtle energy with a free energy adjustment is for curious minds looking for real solutions.

Presented by Kaydee Scarola-Sovereign Light, LLC

2:00 PM

SEMINAR ROOM: Choosing a Self Defense Firearm:

Choosing a firearm that suits your needs and your body type can be challenging. Let Majority Arms make this choice easy. In this seminar we will discuss firearm safety, the pros and cons of both the revolver and semiauto for self-defense, which brands work and which don't, which calibers to choose, carry options for women, pro tips for making the gun easier to use, personal protection ammunition and how to fit a gun to a small hand.

Presented by Gail Mai-Firearms Instructor-Majority Arms Firearm Training

3:00 PM

SEMINAR ROOM: Zumba:

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Presented by Nami, Crystalee and Rachel-YMCA of Alaska

3:30 PM

SEMINAR ROOM: Using Your Head as Well as Your Heart to Raise School-Aged Children with COMMON SENSE PARENTING:

Brief history of Boys Town model and development of parenting classes, which have evidence based and trauma informed curriculum which teaches caregivers valuable skills such as how to communicate effectively, avoid power struggles offer effective praise, reduce children's problem behavior, control their emotions, and balance discipline with affection. Will include video clips from classes demonstrating strategies/skills, and

parent testimonials from Boys Town. ****Available to Anchorage Residents free of charge at this time****
Presented by Cynthia Ausick-Alaska Behavioral Health

SUNDAY, APRIL 7

11:30 AM

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SEMINAR ROOM: NIA Neuromuscular Integrative Action-Holistic Fitness & Wellness Movements

Through movement we find health. Sherry will explain NIA, how and why it was created. She will share her journey through her discovery of learning to love her body and life through NIA. Sherry will also guide you through some fun movements of martial arts, dance and healing arts. It will be a fun interactive experience.

Presented by Sherry Coburn-NIA and ATOM Center

4:00 PM

SEMINAR ROOM: Essential Oil Blending Class:

Custom Oil Blends-Come and learn about blending oils and get some free great recipes. If you would like, you can make your own blends for the cost of supplies.

Presented by Cindy Poteet-DoTerra