

2024 EUGENE HEALTH & WELLNESS EXPO

SEMINARS/DEMONSTRATIONS

SATURDAY, AUGUST 24

11:00 AM

EXPERIENCE PAIN-FREE LIVING WITH CRYOTHERAPY:

Join Diane Freeman, a Certified Holistic Wellness Coach and the owner of Heal Better Cryotherapy, for a brief presentation on the incredible benefits of cryotherapy. While cryotherapy may sound like a concept straight out of a futuristic sci-fi movie, the reality is that we now have the technology to harness its power. Diane will introduce you to a revolutionary approach to pain relief that's sweeping the nation and changing lives: cryotherapy. Imagine a treatment that's quick, effective and non-invasive, providing relief for a range of conditions that often trouble us as we age. If you suffer from arthritis, fibromyalgia or an form of pain, you definitely won't want to miss this presentation.

Presented by Diane Freeman -Heal Better Cryotherapy

11:30 AM

HORMONES, STRESS, WEIGHT GAIN:

We will discuss how hormones affect our overall health. How to check your levels and take control of your health.

Presented by Kari Rocco-Rocco's Remedy

12:30 PM

EAT YOUR CURE! DECLUTTER YOUR BODY:

Hearing a lot about detox and cleanse? Fad, fiction, dangerous or relevant? This presentation will cut to the chase and provide you with answers and strategies you may be looking for.

Presented by Bronte Grooms, RDN, FMNS-The Gene Hacker

1:30PM

UNDERSTANDING LONG-TERM LIVING OPTIONS:

This talk gives basic understanding of the long-term living options available and provides a starting point to navigating them. Understanding your options and how to select them is vital to the success of your care and long-term housing plan. Gain understanding of the resources and services available and how best to access them.

Presented by Jennifer Garner and Amanda Blevins-Embrace Senior Advisors

2:30PM

ADVANCES IN EYE CARE:

Dr. Ambati will be discussing Advances in Eye Care, presenting options on vision correction (e.g., SMILE micro-LASIK) and cataracts (e.g., light adjustable lens implants). He will be happy to answer any questions on eye health and nutrition.

Presented by Dr. Bala Ambati-Pacific Clear Vision Institute

3:00PM

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

4:00PM

WHAT IS OLLI-UO AND HOW DOES IT WORK?

A program overview of the Osher Lifelong Learning Institute at the University of Oregon. This OLLI-UO overview presentation focuses on the OLLI network and program at UO.

Presented by Kate Nelson, Stephen Koller or Todd Gauthier-Osher Lifelong Learning Institute at the University of Oregon

SUNDAY, AUGUST 25

12:00 PM

HOW TO PROTECT YOUR KIDS:

What would happen to your kids if you didn't come home tonight? Do you have a plan in place that would prevent them from being taken into the care and custody of state and local authorities, even if temporarily? Or being turned over to someone the courts choose, who may or may not be who you want raising them? We'll help you put a plan in place to protect them.

Presented by Joel T. Smith-Cascadia Estate Planning

1:00PM

HEALING ANXIETY AND DEPRESSION:

Dr. Ikenze, a homeopathic physician will speak about anxiety and depression, about thoughts and their impact on spirit, mind and body, and point out natural help. She will read a brief chapter, "Thought-Forms" from the book, "In the Light of Truth" which offers knowledge for every person to help themselves in spirit, mind and body.

Presented by Dr. Ifeoma Ikenze-Grail Foundation of America

2:00 PM

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3:00PM

REVERSE MORTGAGE A FLEXIBLE FINANCIAL TOOL. NO MONTHLY PAYMENTS:

An overview of a reverse mortgage to refinance using short simple 1 minute videos. Individual plans to get you thinking. What would you do with NO MONTHLY payments and increased cash flow? OR buying a home ALL CASH? How about saving the other half or buy a more expensive home? No monthly payments. Great fit with your financial plan.

Presented by Star Darden and Joel T. Smith-C2 Reverse and Cascadia Estate Planning

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