



# WINTER WELLNESS FAIR

*Saturday, January 27th 10AM-3PM*

**RAFFLE, SNACKS, PRESENTATIONS AND DEMONSTRATIONS!**

## PRESENTATIONS

**Katy Morrison, ND LAc: The Most Powerful Healing Tools**

Join Dr. Katy for a discussion of one of the main principles of naturopathic medicine – the healing power of nature – and learn about some simple (and free) things you can do daily to work towards vibrant health.

**Dr. Deb Moskowitz, ND: Lyme Disease - What's New, What's Myth**

Highlights will be shared from both the International Lyme Disease conference in Paris (April 2017) and the ILADS Conference in Boston (November 2017).

**Jenni-Lyn Cooper, LMT: Medi-Cupping Therapy with Massage Therapy Complimentary Care**

Learn how Medi-Cupping vacuum therapy can be integrated with a therapeutic table massage. Understand the benefits, considerations, and use of Medi-Cupping and see how it works.

**Amy Jenner, DOM LAc: Seasonal Rhythms of Health**

Chinese medicine comes from a time when people lived in much closer relationship to the rhythms of nature. We can work with the natural forces to enhance our health. Join me in learning about practical ways of adapting the ancient wisdom of Oriental medicine to address the way we currently live.

**Barbara Davis, LCSW and Dr. Alison Faulkingham, MD: Mind-Body Fulfillment**

Alison and Barbara will explain the health benefits of self-care and discuss the importance of living a fulfilled life. Please join them in this lively discussion and hear about their next upcoming workshop.

**Nancy Lubin, Certified Aromatherapist: Essential Oils for Immune Support**

Essential oils can ease a cough, break up a cold, or warm us when we feel chilled. Which ones to use, and why? Nancy will offer essential oil basics for seasonal comfort and symptom relief.

**Kelly Callahan, CCH: Homeopathy - Essential Medicine for Our Turbulent Times**

Come learn about the power of homeopathy. Homeopathy is ecological, suitable for all ages, effective for ailments from acute conditions to epidemics, progressive chronic disease, addiction and mental health, medication resistant infections, environmental effects, adjunct therapies, and more.

## DEMONSTRATIONS

**Lea Smith, RYT: Yoga for Wellness**

Join Lea Smith, RYT 500 for a 30 minute yoga presentation including a discussion on the benefits of yoga, a gentle yoga practice and time for questions and comments at the end. Wear comfortable clothes that you can move in!

**Mary Lou Cook, CYT: Vinyasa Yoga**

A Vinyasa Flow class connects each yoga asana and movement with breath. Marylou will guide a 30 minute flow allowing students to center, create heat and connect with their breath through movement.

**April Dove LMT, CYT: Yoga for an Open Heart**

Much of April's massage and yoga work focuses on unraveling the connections between our emotions and the physical body. In this condensed yoga class we'll use meditation and asana to explore the strength it takes to live with an open heart.

**Mary LouCook, CYT: Yin Yoga**

Yin Yoga uses seated poses to promote stillness in the body and create balance in our lives. This stillness allows for deeper opening of connective tissue and joints. Marylou will lead a 30 minute Yin Yoga demonstration including centering, asanas, and a restorative Savasana.

**Antje Roitzsch, LMT, Shiatsu, and Phenomenal Touch™ Master Practitioner and Instructor: Seated Massage Techniques for Everyday Benefit**

Antje will show you how to incorporate massage into your daily life. These simple techniques will help you shed the stress of the day. We will be using regular chairs and be dressed in comfortable clothing.

**Dr. Barb MacDonald, ND, LAc: Balanced Energy with Qi Gong**

Join Dr. Barb and learn simple Qi Gong exercises to balance your energy, improve mental focus, reduce discomfort and open your heart. This simple shaking exercise will include guided imagery. Wear comfortable clothing and footwear.

**After the Wellness Fair: 3-5 PM**

**Movie Screening - Magic Pills**

A documentary about homeopathy around the world.

# JOIN US!

91 Elm Street, Camden ME ~ [www.CamdenWholeHealth.com](http://www.CamdenWholeHealth.com)