



91 Elm St
Camden ME, 04843
www.CamdenWholeHealth.com

WINTER WELLNESS FAIR

PROGRAM

Saturday, January 27th, 2018

WAITING ROOM

SCHEDULE

YOGA STUDIO

- 10:00 AM** **Katy Morrison, ND LAc: The Most Powerful Healing Tools**
The most powerful healing tools are simple things that are easily overlooked in our busy lives. 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.
- 10:45 AM** **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 (Nov. 2017).
- 11:30 AM** **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.
- 12:15 PM** **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. When we understand that we are in a dynamic relationship with the forces of nature, we can come to understand that our symptoms often arise out of a loss of that relationship. Join me in learning about practical ways of adapting the ancient wisdom of Oriental medicine to address the way we currently live.
- 1:00 PM** **Barbara Davis, LCSW and Dr. Alison Faulkingham, MD: Mind-Body Fulfillment**
Alison is a physician who is also certified in Integrative Medicine and Acupuncture, and Barbara is a Clinical Social Worker who has over 20 years of experience helping individuals recover from mood and addictive disorders, and trauma. In this talk, they will explain the health benefits of self-care as well as discuss the importance of living a fulfilled life. Please join them in this lively discussion and hear about their next upcoming workshop.
- 1:45 PM** **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.
- 2:30 PM** **Kelly Callahan, CCH: Homeopathy - Essential Medicine for Our Turbulent Times**
Homeopathy, the most widely used alternative medicine around the world, is essential medicine for the world live in, and the problems we face. It's ecological, suitable for all ages, effective for ailments from acute conditions and epidemics, progressive chronic disease, addiction and mental health, medication resistant infections, environmental effects, adjunct therapies, and more.

- 10:00 AM** **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! Mats and blankets are provided.
- 10:45 AM** **Marylou Cook, CYT: Vinyasa Flow**
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.
- 11:30 AM** **April Dove LMT, CYT: Yoga Class**
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.
- 12:15 PM** **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.
- 1:00 PM** **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. During this presentation you will learn both, to give and receive seated massage. These simple techniques will help you shed the stress of the day. We will be using regular chairs and be dressed in comfortable clothing.
- 1:45 PM** **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.
- 3:00 PM** **Please join us after the Wellness Fair for a Movie Screening: Magic Pills, a documentary about homeopathy around the world. Presented by Homeopath Kelly Callahan.**