

Healthy, Well-thy & Wise

Wellness Fair

Saturday, March 31, 2012

9 a.m. - 4 p.m.

PVCC Workforce Services

The Stultz Center for Business & Career Development

Please check our Web site for the latest seminars and experts at www.pvcc.edu/wellnessfair.

SESSION TOPICS:

ASSESS YOUR HEALTH RISKS

SLEEP

How to Sleep without Drugs
Reorganize Your Life to
Provide Alternative Methods for Healing

NUTRITION

Nutrition Myths & Tricks

PHYSICAL WELLNESS

Tai Chi, QiGong, Yoga
Chiropractic Body Adjustments
Smoke But Don't Smoke
Healthy Body Mechanics & Mini Body Adjustments

MENTAL WELLNESS

Gender Differences in Brain Function
The Science of Happiness

CAREGIVER WELLNESS

Assess your Well-Being & Learn What Free
User-Friendly Resources are Available

HOME WELLNESS

Safety & Security Measures
Energy Efficiency for Life, for All Ages

LEGAL WELLNESS

Documents You Must Have

FINANCIAL WELLNESS

Knowledge You Must Have to Retire
Keeping your Finances Healthy

ALTERNATIVE MEDICINE

Offered throughout the day

- Blood pressure checks
- Chair massages by Virginia School of Massage

CHANGE YOUR MIND & CHANGE YOUR LIFE

Join us for a day of wellness seminars and demonstrations plus a healthy lunch at the PVCC Workforce Services Wellness Fair. \$25 (or \$45 per couple)

Our Panel of Experts

SHELDON COHEN

M.D., Author, Former State Medical Director of
Cigna and Humanicare

DORIS GELBMAN

Attorney-at-Law specializing in elder law

CAROL DE LA HERRAN

International Marketing & Energy Medicine,
Executive Director & President of the Monroe
Institute

KRISTEN WENGER

Blue Ridge Poison Center

BRICE JACKSON

Doctor of Chiropractic Medicine

CHRISTINE PARISH, PHD

Gender Differences in Brain Function

CAROLYN PATTERSON

Blue Ridge Financial Consultants

CARRIE LEE PLEDGER

M.A. in Neurobiology and Behavior

TODD HAWKINS

Director of Client Happiness at BuilderFish
Universal Design Homebuilder

BRIAN WRIGHT

Qigong

LYN VAN DER SOMMEN

M.D., Program Manager for Health
Careers at PVCC Workforce Services

BRIAN DICKERT

Doctor of Chiropractic Medicine
Reorganization Healer

CYNTHIA HASH

Realty Specialist & Personal Caregiver

MARCI KRAMER


Virginia School of Massage

CHRISTINE SHAW

Home Instead Senior Care Community
Representative.


WorkforceServices

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Opportunity. Access. Excellence.