

# Mind, Body, Spirit

A relaxing day just for you....

Saturday, March 31, 2012

Fox Valley Technical College, Entrance 16

\$25 per person\* (non-refundable)

\*Includes a donation to the Fox Valley Technical College Occupational Therapy Assistant Scholarship Fund.

7:30 a.m.	Registration Exhibits Continental Breakfast Relaxation Baskets: Silent Auction Open Bidding		
9:00 a.m.	Welcome ~ Pat Condon Occupational Therapy Assistant Program Director		
9:05 a.m.	Keynote Speaker: Dawn Ristow, CEO/President of Home Health Agency "Never say can't, you always can!"		
9:30 a.m.	Break/Exhibits		
9:45—10:25 a.m.	<b>Breakout sessions:</b> choose <i>one</i> of the following: <div> <div>A. Acupressure For Anyone</div> <div>B. Reiki: Life Force Within</div> <div>C. Act on Your Dreams</div> <div>D. Essential Oils for Your Health</div> <div>E. Hatha Yoga</div> <div>F. Tai Chi Fundamentals</div> <div>G. The 4 Pillars of Health</div> <div>H. Face &amp; Body Reading</div> <div>I. Hormone Balance</div> </div>		
10:30—11:10 a.m.	<b>Breakout sessions:</b> choose <i>one</i> of the following: <div> <div>J. Coaching: Unveiling Your Personal Power</div> <div>K. Medicine Wheel</div> <div>L. Touched by Music</div> <div>M. Reiki: Intro To Relaxation</div> <div>N. Vinyasa Yoga</div> <div>O. Feldenkrais Movement</div> <div>P. Eat Real Food: No Diets</div> <div>Q. Re ju'va nate with Healing Touch</div> <div>R. Ayurveda &amp; Nutrition</div> </div>		
11:15—11:55 a.m.	<b>Breakout sessions:</b> choose <i>one</i> of the following: <div> <div>S. Healthy for 100 years</div> <div>T. Energy Medicine</div> <div>U. Essential Oils: Introduction</div> <div>V. Mindfulness Meditation</div> <div>W. Pilates &amp; Yoga</div> <div>X. Beyond Depression</div> <div>Y. Vitamins: What Really Works</div> <div>Z. Singing Bowls: Sound Healing</div> <div>AA. Acupuncture</div> </div>		
Noon	Silent Auction winners and wrap up.		

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To register call Affinity Nurse Direct at 1-800-362-9900

I would like to attend the following breakout sessions.

9:45 a.m. A B C D E F G H I (choose one)

10:30 a.m. J K L M N O P Q R (choose one)

11:15 a.m. S T U V W X Y Z AA (choose one)

A) Acupressure  
(B) Reiki: Life Force Within  
(C) Act on Your Dreams  
(D) Essential Oils for Your Health  
(E) Hatha Yoga  
(F) Tai Chi Fundamentals  
(G) The 4 Pillars of Health  
(H) Face & Body Reading  
(I) Hormone Balance

(J) Unveiling Your Personal Power  
(K) Native American Medicine Wheel  
(L) Touched by Music  
(M) Reiki for Relaxation  
(N) Vinyasa Yoga  
(O) Feldenkrais – Spine Movement  
(P) Eat Real-No Diets  
(Q) Reju'venate with Healing Touch  
(R) Ayurveda & Nutrition

(S) Healthy for 100 Years  
(T) Energy Medicine  
(U) Essential Oils, Introduction  
(V) Mindfulness Meditation  
(W) Pilates & Yoga  
(X) Beyond Depression  
(Y) Vitamins: What Really Works  
(Z) Singing Bowls  
(AA) Acupuncture