

# Saturday

10:30 - 11:15 a.m. • Room 712  
*7 Principles to Changing Your Child's Future* • Dr. Tara Gill  
**Gill Family Chiropractic**

10:45 - 11:30 a.m. • Room 708  
*Revolutionary Cleansing and Fat Burning Technology*  
Ken Farmer • **Isagenix**

11:00 - 11:45 a.m. • Room 709  
*Salts of the Earth*  
Chef Michael Lavin  
**Gooseberries Fresh Food Market**

11:15 - 11:45 a.m. • Room 710  
*Why Shop Fair Trade?*  
Pam Ellis  
**Global Hands- A Fair Trade Shop**

11:30 a.m. - 12:15 p.m. • Room 712  
*Cleansing for Your Good Health*  
Grace Melby • **Health Essentials**

11:45 a.m. - 12:30 p.m. • Room 708  
*Debunk the Myths and Get the Facts about Health & Exercise*  
Patty Kivlin • **Green Grocer**

noon - 12:45 p.m. • Room 709  
*Listen to the Whispers of Your Heart* • Bonny Truskowski  
**Creating Your Joy! Life Coaching**

12:15 - 1:00 p.m. • Room 710  
*Stronger Together*  
Eileen Gailloreto • **Curves**

12:30 - 1:15 p.m. • Room 712  
*Truths & Facts About US Health Care Today* • Dr. Gail Kopin  
**Alternative Health Associates**

12:45 - 1:30 p.m. • Room 708  
*Knowledge of Beauty: What You Should Know about Your Skincare*  
Beth Muehlenkamp Nateghi  
**Arbonne International**

1:00 - 1:45 p.m. • Room 709  
*Radically Reduce Chemicals in Personal Care & Cleaning*  
Dale Goertz  
**Norwex Enviro Products**

1:15 - 2:00 p.m. • Room 710  
*Yoga Toolbox: Self-Care at Every Age*  
Jennifer Moore • **Yoga Thread**

1:30 - 2:15 p.m. • Room 712  
*Making Your Menopause a Time for Power* • Kate Harrod  
**Aurora Health Care**

1:45 - 2:30 p.m. • Room 708  
*Chew on This! Canine Nutrition & It's Relationship to Behavior*  
Cindy Skarda • K-9 Coach

2:00 - 2:45 p.m. • Room 709  
*Sustainable Living and Peace*  
Dena Eakles • **Echo Valley Farm**

2:15 - 3:00 p.m. • Room 710  
*Cooking with Essential Oils*  
Connie Bynum  
**Young Living Essential Oils**

3:00 p.m. • Room 712  
**Movie Matinee featuring**

## FOOD, Inc.

"It might change your life."  
-O, The Oprah Magazine

# Sunday

10:15 - 11:00 a.m. • Room 710  
*Feel Good, Look Great*  
Jessica Huebbe

**It Works! Ultimate Body Applicator**

10:30 - 11:15 a.m. • Room 709  
*Holistic Self Care*  
Sherry LaMarche  
**Young Living Essential Oils**

10:45 - 11:30 a.m. • Room 708  
*How Chiropractic Benefits a Woman's Health*  
Dr. Brock Belcher

**Belcher Family Chiropractic**

11:00 - 11:45 a.m. • Room 712  
*Redefining Girly: Media Literacy for Parents of Girls*  
Melissa Wardy • **Pigtail Pals**

11:15 - 11:45 a.m. • Room 710  
*Partner Yoga* • Donna Mosca  
**Peace Tree Yoga**

11:30 a.m. - 12:15 p.m. • Room 709  
*Give Water. Give Life. Give Hope.*  
Sheri Nelson

**WaterDrops of Hope**

11:45 a.m. - 12:30 p.m. • Room 708  
*Come Around To Green: Learn about Greening Our Community*  
Catherine McQueen and Fritz Kreiss • **The Greenleaf Inn**

noon - 12:45 p.m. • Room 712  
*Gluten-Free: A Day without Flours*  
Chef Michael Lavin  
**Gooseberries Fresh Food Market**

12:15 - 1:00 p.m. • Room 710  
*The Brain Fitness Workout*  
Cindy Lester and Debbie Waldron-Smith

**A Day in Time**

12:30 - 1:15 p.m. • Room 709  
*Children's Health: Do They Need Supplements?*  
Michele Sedej • **Nutriline**

12:45 - 1:30 p.m. • Room 708  
*There is a Spa in Your Kitchen*  
Laura Zielinski

**Dragonfly Soap Works**

1:00 - 1:45 p.m. • Room 712  
*How Women Can Take Charge of Their Own Health*  
Dr. Gail Kopin

**Alternative Health Associates**

1:15 - 2:00 p.m. • Room 710  
*What is Physical Therapy & How It Can Help You*  
Christina Kmiec • **Balistreri & Associates Physical Therapy**

1:30 - 2:15 p.m. • Room 709  
*Eating Natural is Important in Both People and Pets*  
Dr. Sandra Miller

**Creature Comforts Veterinary**

1:45 - 2:30 p.m. • Room 708  
*Beautiful Flowing Vinyasa Yoga*  
Linda Hammitt

**Clear Water Outdoor**

2:00 - 3:00 p.m. • Room 712  
**Be Your Own Boss! Q&A with Home Based Entrepreneur Experts**

2:15 - 3:00 p.m. • Room 710  
*Girl's Night Out Party on a Budget*  
Linsey Conell  
**Scents & Sensibilities**