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Stew Salowitz
Illinois Wesleyan University

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CONTACT: Stew Salowitz, 309-556-3206 or Missy Smock, IWU Wellness Director, 309-556-3334

IWU's Wellness Fair Set for April 18th

BLOOMINGTON, Ill. -- The sixth annual Wellness Fair at Illinois Wesleyan University will be held on Thursday, April 18th, at the Shirk Center, 302 E. Emerson.

The first portion of the Wellness Fair will run from 10 a.m. to 3 p.m., featuring more than 80 vendors.

There will be special Wellness Fair programs offered from noon to 1 p.m. and from 6 to 8 p.m., featuring sessions headed by health care specialists and others on a wide range of health-related topics.

All parts of Wellness Fair 2002 are free and open to the public. The fair is sponsored by the IWU Wellness Department, the IWU School of Nursing, and the Healing Arts Network.

IWU Wellness Fair programming typically features medical specialists (dermatology, podiatry, ophthalmology and other fields), complimentary therapies (massage therapy, acupuncture, spiritual opportunities), free health screenings, and information about local services, activities, and recreational resources.

Other vendors participating in the Wellness Fair will deal with subjects spanning environmental health, nutrition, financial planning, personal coaching, divorce support groups and free spa services.

The noontime and evening programs are as follows:

- Natural Holistic Healthcare, presented by Marianne Hoyle, DC, Shirk Classroom South Noon-1 p.m.

Learn simple, natural and drug free ways to enhance the health of every member of the family. Explore ways to integrate natural healthcare into your current medical treatment plan.

- Balancing Hormones Naturally, presented by Jennifer Kane, DC, Shirk Classroom North, 12 p.m.

This presentation will provide information about solutions for dealing with symptoms for PMS, peri-menopause, menopause and post menopausal years. Ideas will be shared on the importance of nutrition, exercise and alternative solutions to hormone replacement therapy.

- Sit and Stay Fit, presented by Audrea Buckman, DC, Fort Natatorium Classroom, 12 p.m.
- Learn how serious injuries can occur even though you spend most of your day sitting. Buckman will introduce you to exercises that can assist healing or prevent various health

problems before they occur. In addition she will discuss non-surgical approaches that are effective in relieving pain.

- **Deep Relaxation: How?**, presented by Connie de Veer, MFA, CPCC, Shirk Classroom South, 6 p.m.

This presentation offers a guided, progressive relaxation experience for people seeking ways to manage stress and ease tension. This experiential session will assist with learning to recognize excessive muscular tension, offer guidance for using the breath as a tool to elicit relaxation and introduce other user-friendly techniques to better manage stress on an on-going basis.

- **Traditional Chinese Medicine for Health Preservation**, presented by Dr. Jiong Gu, Shirk Classroom North, 6 p.m.

Theories and principles honored through the practice of Traditional Chinese Medicine will be discussed as they pertain to the concept of health preservation. The theories behind health preservation embrace, cultivation of the mind, nutritional practices and balance between work and rest and how each of these can be incorporated into daily life.

- **To Carb or Not to Carb?**, presented by Kim A. McClintic, MS, RD, LD, Fort Natatorium Classroom, 6 p.m.

How do carbohydrates affect our physical health, our weight and our energy? All types of carbohydrates will be addressed from the most simple to the more complex. This presentation will increase your knowledge of a whole new carb.

- **Herbs & Pharmaceuticals: Contraindications & Interactions**, Kirk A. Carroll, Owner of Edna's Health Foods, Shirk Classroom South, 7:15 p.m.

This session will help educate the participant about the benefits and therapeutic uses, along with the contraindications of medications and herbs. In addition Carroll will assist the participant with information to assist in reading labels and selecting quality products.

- **Sound, Movement and Tears**, presented by Cindy Herman, author of the book *Sound, Movement & Tears*, Shirk Classroom North, 7:15 p.m.

After observing babies and toddlers with their instinctive reaction to pain, Herman researched the science behind that instinct. From that and life experiences she has drawn the profound conclusion that behind diseases, neuroses, addictions, violence and overweight is trapped sound, movement and tears. Her book with ideas on how to move in a positive direction has been incorporated into the work of Dr. Bernie Siegel.

- **Living with Chronic Fatigue-Fibromyalgia Syndrome**, Presented by Evonne B. Wurmnest, Facilitator of CFIDS-FMS Support Group, Fort Natatorium Classroom, 7:15 p.m.

Wurmnest, who lives with Chronic Fatigue-Fibromyalgia Syndrome, will share self-help techniques and ideas that have helped to improve the quality of her life while living with these syndromes.

