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## **IWU's Wellness Fair to be Held April 19th**

BLOOMINGTON, Ill. -- The fifth annual Wellness Fair at Illinois Wesleyan University will be held on Thursday, April 19th, at the Shirk Center, 302 E. Emerson.

The first portion of the Wellness Fair will run from 10 a.m. to 5 p.m., featuring more than 80 vendors.

The evening program of the Wellness Fair will be from 6 to 8 p.m. and will offer sessions headed by health care specialists and others on a wide range of health-related topics.

Both parts of Wellness Fair 2001 are free and open to the public. The fair is co-sponsored by the IWU Wellness Department and the IWU School of Nursing.

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 evening programs are as follows:

- "Eat Your Vegetables; They're Good for You," presented by organic farmer Henry Brockman, Shirk Center north classroom, 6 p.m. Some scientific studies have shown a decline in nutrient values in produce over the past two decades of up to 50 percent for some minerals and vitamins. The declining nutritional value of most produce sold in our stores today is directly related to the way vegetables are raised in this country. This presentation will explore why large scale, factory-style corporate agriculture cannot deliver the consumer safe, nutritious and delicious produce and how small-scale, local, organic agriculture can.
- "Refractive Eye Surgery," presented by Dr. Scott Pinter, ophthalmologist, Shirk Center south classroom, 6 p.m. Pinter will focus on the newest procedures in refractive surgery, which has been successful in helping people reduce their dependency on contacts and glasses.
- "Balancing Hormones Naturally: A Holistic Non-Drug Approach to Women's Hormone-Related Health Concerns," presented by chiropractor Susan Mitchell, Fort Natatorium classroom, 6 p.m. Mitchell discusses controversial issues and treatments regarding such

women's health issues as premenstrual dysphoric disorder (PMDD), premenstrual syndrome (PMS) and menopause.

- "Choosing a Safer Path: Protecting Yourself from Harmful Everyday Exposures," presented by Laurine Brown, Shirk Center north classroom, 7:15 p.m. We are exposed to 75,000 synthetic chemicals that were nonexistent before the 1940s and only 3 percent have ever been safety-tested. These synthetic chemicals are found in the air, water, food, soil and human and animal tissue. Studies are consistently highlighting the role toxins are playing in many health problems. In this session, people can learn precautionary steps to take to protect themselves through choices for food, food storage, clothing, cosmetics, home care products, landscape products and many others.
- "Creating and Preserving Health: a program based on the teachings of the Chopra Center for Well Being," presented by Mary B. Moore, Shirk Center south classroom, 7:15 p.m. This presentation will focus on physical, mental and spiritual well-being based on the principles developed through the study of Ayurveda. These principles emphasize the search for balance and vitality by focusing on your inner resources for learning, growing and healing. This process can assist your body's healing power to overcome stress and illness. It is an integration of ancient wisdom and scientific discoveries for self-transformation.
- "A New Thinking For a New Millennium: Vitalizing Nutrition for Healing," presented by chiropractor Joseph Esposito, Fort Natatorium classroom, 7:15 p.m. Esposito will unveil the current state of health of the U.S. according to the World Health Organization. He will also address how medication is often misused and abused. Nutrition will be explored for its vital role in contributing to optimum health, and how nutritional supplementation can assist or hinder this role.