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Illinois Wesleyan's Ninth Annual Wellness Fair to be April 21st

April 6, 2005

BLOOMINGTON, Ill.-The ninth annual Wellness Fair at Illinois Wesleyan University will be held on Thursday, April 21 at the Shirk Center, 302 E. Emerson.

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 5 to 6 and 6:15 to 7:15 p.m., featuring sessions headed by health care specialists and others on a wide range of health-related topics.

All parts of Wellness Fair 2005 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), complementary therapies (massage therapy, pet therapy, acupuncture), free health screenings for blood pressure, posture and hearing; and information about local services, activities, and recreational resources, including yoga, Pilates, and a Tai Chi demonstration at noon.

Other areas of emphasis include information on local senior services, an examination of eating disorders, information on sustainable living organizations and organic food sources.

One of the new presenters this year is 1994 Illinois Wesleyan graduate Dr. Chad Tattini, a Bloomington physician who is one of few plastic surgeons in central Illinois currently performing endoscopic breast and face procedures. He will speak on "Breast Reconstruction" at noon in the Shirk Center North Classroom, covering the various surgical reconstructive options, risks and benefits, after a mastectomy.

Tattini graduated from the Loyola Stritch School of Medicine and did his plastic surgery residency at Brown University in Providence, R.I. He is trained in large reconstructive surgeries including microvascular procedures, truncal reconstruction, and congenital abnormalities.

For more information about the presentations or the fair, contact the Illinois Wesleyan Wellness Center, (309) 556-3334.

The other noontime and evening programs are as follows:

• **The Body's Cleansing Capacities, presented by Candice Chaffee, Certified Master Herbalist, Shirk Center South Classroom, 12 p.m.**

Our health depends upon the body's ability to eliminate toxins through seven cleansing channels, the skin being the largest. Proper elimination is as important as sufficient nutrition. A certified master herbalist and natural health practitioner with 25 years experience in holistic healing, Chaffee provides an overview of foods, supplements, herbs and lifestyle suggestions to assist our bodies in this important task.

• **Laser Guided Pain Relief, presented by Dr. Cathy Schimelpfenig, D.C., Fort Natatorium Classroom, 12 p.m.**

This session is an introduction to a relatively new therapy, low level laser therapy and its therapeutic value in the treatment of sport's injuries, carpal tunnel, and chronic and acute pain. Basic questions will be answered as to what is a true laser, what is low level laser? How does it work? What conditions can be treated and what are the side effects?

• **Fibromyalgia and Chronic Fatigue (with Clinical Kinesiology), Presented by Joseph F. Rogge, D.C., Shirk Center North Classroom, 5 p.m.**

The body is a powerful healer and Rogge has had success using kinesiology and body talk methods to resolve many problems associated with fibromyalgia and chronic fatigue in his practice. The majority of his patients dealing with these conditions have disruptions in their cerebral spinal fluid, causing stagnation of fluids in predictable areas. These areas of stagnation result in inflammation and pattern areas of pain in the body. Learn more about clinical kinesiology and its application for those living with fibromyalgia and chronic fatigue.

•The Truth About Chronic Pain, Presented by Ben Toebe, certified Neuromuscular Therapist, Shirk Center South Classroom, 5 p.m.

Neuromuscular massage therapy is a specific style of bodywork for pain relief of muscular discomfort. Toebe will discuss some basic neurological laws and how they apply to the human body. You will learn the role that pain threshold and common reflex arcs have on the musculoskeletal system. The differences between structural and functional imbalances will also be discussed. One volunteer will experience a free postural analysis.

• Help I'm Falling! Balancing on Life's Tightrope, Presented by Gabriella Caldwell-Miller, M.S., L.P.C., L.C.P.C., Fort Natatorium Classroom by Pool, 5 p.m.

Balancing the myriad demands of life along with personal dreams and/or career success can be like balancing on a tightrope while wearing lead boots! Prolonged imbalance can lead to decreased mental, physical and spiritual health, especially for women. This session addresses ways family or career can overwhelm us and lead to imbalance. Suggestions will be given for increasing focus on self as a means to more effectively achieve life satisfaction and fulfillment.

• Nutraceuticals and Anti-Aging for Women of All Ages, Presented by Pamela Avery, M.D., Physician of Integrative Medicine, Shirk Center North Classroom, 6:15 p.m.

This presentation will educate women of all ages about the appropriate need and use of quality nutritional products, including vitamins, minerals and supplements and the role they play in managing health and wellness. Dr. Avery is an expert in the area of integrative medicine with extra credentials in pain management, mind-body medicine and medical acupuncture. Join Dr. Avery to learn an integrative approach to prevent and/or manage chronic illness more effectively.

• Relieving Stress Naturally, Presented by Susan Mitchell, D.C., Shirk Center South Classroom, 6:15 p.m.

We have all become aware of the long term, devastating effects of stress and in this session, people can learn about three types of stress (chemical, mental and physical) and how to alleviate that stress without drugs or surgery.

• Introduction to Alexander Technique, Presented by Wes Feaster, M.A., AMSAT, Fort Natatorium Classroom, 6:15 p.m.

The Alexander Technique is of special interest to those who must use their bodies with maximum ease and effectiveness (musicians, actors, dancers, athletes), but absolutely anyone can benefit from Alexander work. There is no area of a person's life to which the principles of the Technique cannot be applied. As Lulie Westfeldt states: "It is used by the businessman in an interview, the actor at an audition, the woman in childbirth, the pianist at a concert, the singer, the dancer, the golfer, the rider; it is used by a wide variety of people in all situations that require their highest skill and competence."

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