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## Illinois Wesleyan Hosts Sustainable Living, Well ness Fair

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## Illinois Wesleyan Hosts Sustainable Living, Wellness Fair

March 28, 2007

BLOOMINGTON, Ill. — “Creating Healthy Communities” is the theme for the second annual Illinois Sustainable Living and Wellness Expo, which will be held at Illinois Wesleyan University on April 13 and 14.

The two-day event is a collaboration between the Illinois Wesleyan University Wellness Program and the Ecology Action Center of Bloomington-Normal.

The expo will be held at Illinois Wesleyan’s Shirk Center (302 E. Emerson) and will feature an exhibitors fair, free workshops and a luncheon keynote address on “Planning Sustainable Communities” by Mary Rehwald at 11:45 a.m. on Friday, April 13, in the Main Lounge of the Memorial Student Center (104 E. University St.).

Rehwald, a member of the Ashland Wis., city council and a proponent of sustainable economic and community development, has studied Swedish planning principles, including The Natural Step, and has helped move Lake Superior-area towns toward adopting pragmatic sustainability goals in their communities and general plans.

Registration for the luncheon address, sponsored by the Town of Normal and Heartland Community College, is \$15 and may be obtained by mailing the fee to Mercy Davison, 100 E. Phoenix, Normal, Ill., 61761, or by phoning (309) 454-9590.

The exhibitor fair hours are from 10 a.m. to 3 p.m. on Friday and from 8 a.m. to 4 p.m. on Saturday. The fair is free to the public and will feature over 100 exhibitors sharing products and information on many aspects of sustainability and wellness, a fuel-efficient vehicle demonstration, live stage performances and more.

As in previous years, Saturday will also feature a series of free workshops and presenters sharing information on such topics as health and wellness, renewable energy, land use, green building and sustainable living practices. Workshops will be from 9:30 a.m. to 2:30 p.m. in the Shirk Center classrooms.

“Solving the Climate Crisis” is the topic of an address by Carolyn Treadway of Normal and Aur Beck of Pomona, Ill., at 2:30 p.m. Saturday. Treadway and Aur represent two of the “1000 Messengers” chosen and trained by Al Gore for work on his Climate Project. Treadway is a life coach, therapist, and pastoral counselor with twin private practices, GraceFull Life Coaching and Connections Counseling. Beck is an energy efficiency and renewable energy installer with his company, Advanced Energy Solutions.

A complete list of all exhibitors and presenters is available at the website: <http://www.islwe.org>.

FOR MORE INFORMATION ON THE ILLINOIS SUSTAINABLE LIVING AND WELLNESS EXPO:

Missy Smock, Illinois Wesleyan University Wellness, (309) 556-3334

Julie Elzanati, Ecology Action Center, (309) 454-3169



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