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Illinois Wesleyan's 8th Annual Wellness Fair to be April 15

BLOOMINGTON, Ill. — The eighth annual Wellness Fair at Illinois Wesleyan University will be held on Thursday, April 15, at the Shirk Center, 302 E. Emerson St., Bloomington.

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 8:15 p.m., featuring sessions headed by health care specialists and others on a wide range of health-related topics.

All parts of Wellness Fair 2004 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, acupuncture, spiritual opportunities), free health screenings, and information about local services, activities, and recreational resources. New areas of emphasis include information on local senior services and an examination of eating disorders.

Illinois Wesleyan alumna Donna Christopher, a nurse and independent healthcare consultant in Mt. Prospect, Ill., will present a lecture on "Integrative Medicine & Complementary Care" at 7:15 p.m. in the Shirk Center north classroom. Christopher's "Touch for Wellness" service integrates ancient energy healing concepts with mind/body techniques and modern medical knowledge to provide a non-invasive, holistic approach to healthcare.

Christopher, who graduated from IWU in 1984, was named in 2001 as associate director for network and disease-specific care for the Joint Commission on Accreditation of Healthcare Organizations, responsible for the growth, development and quality of product lines. She had spent eight years with Intracorp, a wholly-owned subsidiary of Cigna Healthcare, and has been actively involved in the study of holistic approaches to health and healing for more than 20 years.

The noontime and evening programs are as follows:

- **Different Strokes for Different Folks, presented by Connie Horton, Shirk Center Classroom North, 12 p.m.**

People have different ways of processing information, making decisions, and experiencing their worlds. Often, these differences in style can be frustrating or confusing. Understood, however, the variety can be something to be celebrated. This workshop provides participants a chance to

complete a self-assessment and learn about their own personalities and those of significant others in their lives.

• **Living a Life of Choice Moment by Moment, Kathryn Tornquist, Shirk Center Classroom South, 12 p.m.**

This session offers an experiential framework for creating authentic relationships, becoming more centered in one's life, understanding why we behave as we do (especially when we violate our own standards for ourselves), learning to release what's out of personal control and exploring what it means to live more fully alive.

• **Massage: Wellness or Pampering?, Linda L. Dolan, Fort Natatorium Classroom, 12 p.m.**

The purpose of massage is to enhance the health and well-being of the mind and body of the recipient. Research indicates that some recipients do get relief from pain, but massage can also offer relief from depression. Dolan, nationally certified in therapeutic massage and body work, will share information about finding credentialed therapists and what that means to you as the consumer. In addition, she will explore the many benefits of massage therapy.

• **Prevention of Heart Disease and Osteoporosis, Nweze Nnakwe, Shirk Center Classroom North, 6 p.m.**

Heart disease is the number one killer of men and women, no matter what the ethnicity. About 950,000 Americans die of cardiovascular disease each year, which amounts to one death every 33 seconds. More than 25 million Americans have osteoporosis. Four out of five of them are women. It is estimated that, at age 50, a woman has nearly a 40% chance of developing an osteoporotic fracture during her lifetime. This presentation will focus on the prevention of these diseases and offer ideas to promote positive life changes.

• **Detoxing Your Home, Martine Davis, Shirk Center Classroom South, 6 p.m.**

Indoor pollution is estimated to cause thousands of cancer deaths and hundreds of thousands of respiratory health problems each year. Davis, an environmental inspector, has investigated hundreds of sick homes and will discuss the top 10 pollutants found in today's homes and how to prevent and/or eliminate your exposure. Learn how to detoxify your home with simple, inexpensive techniques while protecting your family's health.

• **Essential Oils For Beginners, Judy Tovey, Fort Natatorium Classroom, 6 p.m.**

Did you know that drinking a glass of water with one drop of peppermint essential oil will reduce nausea? This introduction to the world of aromatherapy and essential oils provides the basic information about therapeutic essential oils and their potential uses. Benefits, guidelines, and precautions will be covered as well.

• **Integrative Medicine & Complementary Care, Donna Christopher, Shirk Center Classroom North, 7:15 p.m.**

Our healthcare system offers the best specialized, technical care in the world, yet there is a growing demand toward effective, less invasive, more "holistic" approaches to health maintenance, prevention of diseases and chronic illness. Alternative therapies, natural medicines and of course, the controversy about what is effective abound. What is driving this trend to "integrate" conventional medicine with alternative and complementary care? Can these options work for you? This discussion will focus on the types of therapies commonly used, those nationally researched in healthcare today, and resources to help you make wise choices about your healthcare options.

• **Alzheimer's: Beginning to Cope, Shelly Hunt, Shirk Center Classroom South, 7:15 p.m.**

This session provides an overview of Alzheimer's and related dementias and addresses many of the challenges that confront the caregivers and the family members. Some of the information provided includes identifying the difference between normal aging and dementia, nature of Alzheimer's disease and other dementias, what to expect as the disease progresses, and preparing for the future.

• **Hands on Alexander Demonstration, Wes Feaster, Fort Natatorium Classroom, 7:15 p.m.**

Feaster will give a short lecture about what Alexander Technique is and its potential benefits. The remainder of the session will be devoted to actual hands on demonstrations.