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## Life if about Balance Discover new Opportunities At IWU's Wellness Fair '97 Slated for April 22

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*Life is about Balance . . .  
. . . Discover new opportunities . . .*

## At IWU's Wellness Fair '97 Slated for April 22

BLOOMINGTON, Ill.--Upward of 50 vendors--from fitness and acupuncture specialists, to financial planners and organic farmers--will headline Illinois Wesleyan University's first Wellness Fair later this month.

Wellness Fair '97, cosponsored by IWU's Wellness Center and School of Nursing, is scheduled for Tuesday, April 22, from 10 a.m.-3 p.m., in the Performance Gym of the Shirk Center, 302 E. Emerson, Bloomington. The Wellness Fair is open to the public, free-of-charge.

"The purpose of the fair," said Missy Smock, IWU's wellness director, "is to expand the concepts and ideas of what wellness is all about for the IWU community and the Bloomington-Normal community at large.

"Not only will the fair introduce the many facets of wellness," Smock added, "but it will also allow the community to see how readily available all of these wellness resources are in the Bloomington-Normal area."

Vendors will have displays, demonstrations, and information booths.

The fair, according to Smock, will stress a half dozen aspects of wellness: physical, environmental, social, spiritual, occupational, and intellectual.

A trademark of Wellness Fair '97 will be a wide array of traditional and alternative medical specialists.

"East will meet West at the Wellness Fair," Smock explained, noting many practitioners of alternative approaches to health and wellness will participate.

"Western medicine," Smock said, "tends to try to cure people, for example, by cutting out a cancerous tumor. Eastern approaches to medicine tend to stress the healing of people without invasive techniques."

Among alternative approaches to wellness featured at the fair will be acupuncture, a 5,000-year-old therapy associated with China. Dr. John Gu of the Center on Health in

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Normal, will provide information on the benefits of acupuncture and demonstrate the technique.

Representatives of Grand Prairie Families and Farms of Melvin, Ill., will have information booklets, a video, and a display of available organic foods grown without synthetic chemicals or pesticides. A crate of organic foods, sufficient for two people to eat for a week, will be raffled off at the fair.

Demonstrations of Yoga, which originated in India, also will be featured, illustrating how gentle, stretching movements can enhance flexibility and relaxation.

Martial arts--such as Tai Chi and Tae Kwon Doe--will be demonstrated, showing how they can contribute to improved health through exercise.

Other participants will show how meditation and hypnotherapy, which alter brain wave patterns, can help people relax. Others will focus on good nutrition, human service organizations, and massage therapy.

"Some of our vendors," Smock said, "will deal with five different types of body work. Their interest is in movement reeducation, or helping people unlearn bad habits when it comes to things like bad posture to help relieve stress. The body holds stress in muscles and there are various techniques to relieve that type of body stress."

Various health screenings will be available for members of the IWU community only.

Among vendors slated to participate in the Wellness Fair are SPICE, a unit of Bloomington's MARC Center dealing with youngsters with developmental disabilities; Overeaters Anonymous, a 12-step recovery program for compulsive eaters located in Normal; the Arthritis Foundation of Bloomington, which will have literature and answer questions about various types of the crippling disease; and the Mental Health Association of Bloomington, which will be concerned with issues surrounding depression.

A Chicago representative of TIAA-CREF, one of the nation's largest pension systems serving people working in education, will be on hand to answer questions in general about retirement and investment planning.

Wellness Fair '97 will feature several movement demonstrations, including ballroom dancing, belly dancing, and self-defense techniques.

Warren Kistner, director of IWU's Career Center, will offer occupational advice, as well as tips on resume writing, career inventory techniques, and information about how to tell if your career path and personality are in sync.

Sister Helen Carey, IWU visiting professor of religion, will have information about

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local groups for retreats and religious and spirituality issues.

Representatives of IWU's Black Student Union, Gay-Straight Alliance, and other groups will focus on cultural diversity issues.

More than 20 prizes will be raffled off at the Wellness Fair. Among the two to four prizes slated to be raffled off every hour during the fair are a telephone amplifier, a bone densitometry screening for osteoporosis, two 30-minute Swedish massages, three foot exams from a podiatrist, a cervical pillow, a month-long adult membership at the YMCA, and two sports bags. Raffle tickets will be distributed to visitors when they arrive at the Wellness Fair. Visitors will have to have their tickets punched by five vendors before they can turn them in to participate in the raffle.

Smock was assisted in organizing Wellness Fair '97 by about 18 IWU nursing students as part of a sophomore clinical experience course.