



Stillwater Health Fair

November 16, 2008

11am – 4pm

Workshops held in upper level of the facility

- 11:00-11:20** What is Transformational Energy Healing and how can it benefit you?
Gail Monges, LMT
- 11:30- 11:50** Naturopathic Medicine: Separating fact from fiction Marcos de Escobar, ND
- 12:00-12:30** Recognizing Melanoma in your clients...the personal experience of a
massage therapist Annie Powell, LMT
- 12:40-1:00** Neck and Back strain - how massage therapy can get rid of that pain
in your neck Richard Ayers, LMT
- 1:10-1:30** Chinese Herbal Medicine – why it is safer and more effective than con-
ventional medications Tarah Ziogas, BBA, CCH
- 1:40-2:00** Genetically Modified Foods: What is hidden in plain sight! Sue Campion RN, MSN
- 2:10-2:30** Spirituality and Yoga- an unbeatable combo! Mark DelGobbo and Christine
Orsini
- 2:45-3:00** Reiki Energy Therapy – What is reiki? Learn about its history. Lois Carroll, RM
- 3:15-3:30** Bach Flower Essence Therapy—The wisdom in a flower Katie Campochiaro

T'ai chi and yoga class demonstrations will be held throughout the day in the lower level of the facility.

Mini massage, reiki, reflexology treatments as well as Bach Flower Essence and Chinese Herbal demonstrations will be given in the practitioner wing of the facility on the upper level.

Stillwater Meditation Center: a 501(c)(3) nonprofit holistic health center
Stillwatermeditation.com
Gift Certificates available

30 Beach Rd Wolcott, CT 06716
203-879-0630