

# Fourth Annual Wellness Expo



**Saturday, April 11, 2015**

**11:00 AM–4:30 PM**

900 Lakewood Ave., Lakewood, NJ 08701

Casino Building



**Free Admission**

**Rain or Shine Event**

Come meet local holistic health practitioners and vendors to learn about new, exciting ways to enhance your health and well-being!

- Yoga
- Tai chi
- Ayurveda
- Herbalism
- Energy therapy
- Massage
- Qigong
- Acupuncture
- Classical Chinese medicine
- Chiropractic aromatherapy
- Feng shui
- Energy clearance
- Natural weight loss
- Thermography
- Spiritual healing
- Essential oils
- Lifelong learning
- Crystal singing bowls
- Holistic health studies
- Books/DVDs
- Vegan/gluten-free living
- Jewelry
- Orgone
- Crystals
- Eco-friendly products
- E-waste handling

## COMPLIMENTARY 30-MINUTE WORKSHOPS

**11:00 AM Healing with the Wisdom of Macrobiotics** with Anthony Dissen, M.A., R.D., GCU Lecturer in Holistic Health

**11:30 AM Successful Business as a Wellness Practitioner** with Gabrielle Pelicci, Ph.D. L.M.T., GCU Lecturer in Holistic Health

**12:00 PM Thermography as a Proactive Approach to Breast Health** with Phillip Getson, D.O.

**12:00 PM Outdoor Yoga for Children**

**12:30 PM Breathing Techniques for Better Living (Pranayama)** along with a guided meditation and chakra balancing with Gail Smith

**1:00 PM Qigong**

**1:30 PM Vibrant Living with Essential Oils** with Irina Gubenko, Certified Aromatherapist/Health Coach

**2:00 PM Seven Critical Steps to Having a Healthy Baby** with Rob Coomb, D.C. (Coombs Chiropractic)

**3:00 PM Outdoor Yoga for Adults**

See our full event schedule at [www.georgian.edu/wellnessexpo2015.htm](http://www.georgian.edu/wellnessexpo2015.htm)

For more information, please contact **Sachiko Komagata** at **732.987.2663** or [komogatas@georgian.edu](mailto:komogatas@georgian.edu).

See our Facebook page at [www.facebook.com/groups/GCUHolisticHealth/events](https://www.facebook.com/groups/GCUHolisticHealth/events)