

Schedule/Workshops

Expo Floor is Open During Workshops

- 7:30** Registration Opens
- 8:00** Expo Floor Opens and Childcare Opens at Dayemi Family Center
- 8:30** Breastfeeding: Long Term Benefits for Mom and Baby
Sheila King, Mother's Love: Doula and Pregnancy Services
- 9:30** Inflammation: Diagnosing, Cause and Healing Approaches - Terry Hickey,
Dayempur Herbs / Anita Brown, Midwest Medical Thermography
- 10:30** 10 Secrets to Natural, Healthy & Beautiful Skin
Elvira Muckelroy, Sunflower Girl Natural Skin Care
- 11:30** Controlling Blood Sugar through Food - Elizabeth Koehler Berry,
Center for Diabetes & Wellness
- 12:00** **Lunch**
- 1:00** Herbs for the Digestive System: Healthy Gut, Healthy Mind and Body
Kristine Brown, Herbalist at Luna Herb Company
- 2:00** Urinary Incontinence, Pelvic Pain and Prolapse
Jessica Kelley, Athletico Physical Therapy
- 3:30** Panel Discussion: Healthy Approaches to Stress & Anxiety
- 4:45** Journey Dance Movement - Lori Merrill-Fink
- 5:15** Expo Closes

Practitioners/Vendors

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| Air Restore Naturalizers | Little Bluestem Homeschool Co-op |
| Athletico Physical Therapy | Luna Herb Co & The Smelly Gypsy |
| Center for Diabetes & Wellness | Midwest Medical Thermography |
| The Chakra Lady - Kay Metzelaars | Miller Spinal Health & Wellness |
| Chelsea Burgett Cert. Health Coach | Mother's Love Doula Services |
| Dawn of Life Alternative Health | My Optimal Health, Nutritionists |
| Dayemi Family Center | Natural Health Improvement Center |
| Dayemi Health Center | Natural Health Professionals of SI |
| Dayempur Herbs | Oasis Skin Care Clinic |
| Dr. Neisha Bhattacharya, DC | River to River Residential Comm. |
| doTerra Essential Oils - Lisa Dover | Sage Pathways, Life Coaching |
| Envi Botanicals, Salon & Spa | Sunflower Girl: Natural Skin Care |
| Erin Steinhauer, Massage Therapist | Susan Saniie, Licensed Acupuncturist |
| For the Health of It - Juice Plus | The Medicine Shoppe |
| Groovy Booby Natural Breast Project | Thrive Dispensary - Medical Cannabis |
| Herbal Roots Zine | Warehouse Ultimate Gym |
| In Sync Mind Body Therapy Center | Well Spring Health Services |
| Monat Global, All-Natural Hair Care | |

