

Wholistic Health Fair Workshops—Sunday, November 10

All Health Fair Workshops meet on Sunday, November 10th in the Student Union, 5100 Cherry, KCMO. Workshop fees are: \$3 per workshop or \$7 for 3 classes – per person. Registration for workshops is at the entrance to room #401 in the Student Union. Admittance to the fair is FREE.

12:00 - 12:45 PM

Dream It! Plan It! Do It!

This exciting hands-on class is designed to rouse your adventurous spirit and guide you as your shape your dream into an action plan for your future. Julie will provide you with the skills and tools to articulate your dream into tangible goals.

Dr. Julie Connor
Rm. 402

You Are NOT a Body

A discussion of the deconstruction of the present material paradigm and an introduction of the metaphysical view of the self; the primacy of consciousness as the ground of being, and the role of consciousness as evolutionary stimulus and individual mastery.

Deb Ryan PhD
Rm. 402 A

Simple Cleaning and Organizing

We'll discuss some basics about all-natural household cleaners that can be made with non-toxic everyday household products like vinegar and baking soda. I'll also describe the cleaning properties in common plant essential oils and some methods for cleaning tough areas and stains.

Shawna Caldwell
Rm. 419

Emotional Freedom Technique (Tapping)

EFT or Tapping is a simple, proven technique to calm strong emotions, reduce or relieve physical and/or emotional pain, and to shift limiting beliefs. Today you will learn how to utilize this simple yet effective technique in your daily lives.

Janet Sitzmann
Rm. 420

1:00 - 1:45 PM

Optimal Health & Wellness through Nutrition

The human body requires 90 essential, bio-available nutrients daily to heal itself. It is impossible for our foods to provide this nutrition. Learn how nutrifying our bodies allows them to become the healing machines they were designed to be.

Eric Soriano
Rm. 402

Mood Management

Do you ever feel stressed, fatigued, and lose your passion for things? We all have moments like this, but for some it is debilitating! Learning to use essential oils can help us center in a natural manner and keeps us grounded with composure!

Karen Carmack
Rm. 402 A

How to Stay Young for the First 100 Years

The average life span today is 77.6 years and growing! If we are going to live for 100 years, we need that long life to be of quality! In this class you will learn how to prevent spinal decay so you can stay young the first 100 years

Dr. Hilima Farah
Rm. 419

Overcome challenges with Past Life Healing

Past life regression can bring you necessary tools to free your soul from repeated patterns and connect you with your angels and spirit guides. It will open up new possibilities of growth to fulfill your life purpose.

Bhasweti Gewhas,
PhD, CHT.
Rm. 420

2:00 - 2:45 PM

Oden Reiki—Healing With Ultra Violet Light

Oden Reiki works instantly, it is unlike anything you have ever experienced. Bring your long term energy health issues and see if they can be instantly fixed!

Lauralie Bradley
Rm. 402

On Your Way to Your Purpose

People often ask the age old question? What is my purpose? Why am I here? What am I supposed to be doing? And often many are left wondering, but never really finding their why. In this lecture, Michelle will uncover what's hidden and help you uncover it

Michelle Gines
Rm. 402 A

Mind-Body Connection, Quantum Physics of Essential Oils

Our intentions are living energy. Our bodies are living energy. Therapeutic grade essential (TGE) oils are living energy. The human mind determines the action of a TGE oil and affects its intensity. Positive thoughts can elevate. Come learn how we use TGE oils as tools for transferring our conscious intentions in self-healing our bodies and emotions.

Ren Dymond
Rm. 419

Experience the Energy of Healing

Experience the energy that energy healers use to assist their clients in healing. Gain a better understanding of the human energy field and how it impacts our daily lives

John Hoefler
Rm. 420

3:00 - 3:45 PM

Medicare 101/ Social Security Timing/Obama Care

Selecting health coverage as an individual, family or senior can be very confusing and stressful especially with the new Obama Care. Join Sharon Lohoefer while she explains Medicare Parts A, B, C and D and what Obama Care involves for individuals and families. Find out what social security timing is!

Sharon Lohoefer
Rm. 402

Vibrational Healing through Sound and Scent

This workshop will include brief explanations concerning the science behind sound and aroma therapies and will provide hands on demonstrations.

Linda VanBibber, George Moon and Rama Inacio
Rm. 402 A

Falun Dafa

Come and learn the gentle, peaceful exercises of Falun Dafa, an amazing practice that now boasts more than 100 million practitioners worldwide! Great for concentration, stress-relief, and overall health and wellness, these exercises are low- to no-impact.

Barbara Gay
Rm. 419

Benefits of Acupuncture

Dr. Nicole Murphy will discuss the benefits of acupuncture and how it works to help your body heal. Dr. Murphy believes education is the basis of making lifestyle changes, so please join us.

Dr. Nicole Murphy
Rm. 420

4:00 - 4:45 PM

Mental Mastery—How to Harness the Mind Through Meditation

Mindfulness practice empowers us to harness the potential of the mind to create the lives that we envision. Learn practical tools for increasing awareness, stilling the mind, relieving anxiety, improving memory and deepening emotional intelligence.

Diane Breneman
Rm. 402

Spiritual Experiences! Have You Had One?

Have you had out-of-body or near-death experiences, dreams of a departed loved one or an inner light or inner sound? Gain a better understanding of your experiences and discover new spiritual exercises that can help you take the next step. Attendees will receive a free "Spiritual Experiences Guidebook."

Eckankar of Kansas City
Rm. 402 A

Pilates on the Mat

Enjoy a 45 minute Pilates mat class. Feel the difference in your body before and after the class. Learn how to connect mind and body. Focus on your form to correctly perform each exercise!

Jessica
Rm. 419

Food Sovereignty, Urban Agriculture, and Celebrating the Circle of Life

Conveners are activists, Urban farmers and educators who are committed to freedom, food justice and green economic sustainability for aboriginal people and ecological responsibility to the planet. Join us for a riveting presentation and discussion.

Adenike AmenRa & Sasteh Mosley
Rm. 420