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| 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 you 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 |
| 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 |
| 2:00 - 2:45 PM   | 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 |
| 3:00 - 3:45 PM   | 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. Hildma Farah  
Rm. 419 |
| 4:00 - 4:45 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 |
| 3:00 - 3:45 PM   | 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 |
| 4:00 - 4:45 PM   | 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 |
| 3:00 - 3:45 PM   | 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 Hoefer  
Rm. 420 |
| 4:00 - 4:45 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 Lohoefener 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 Lohoefener  
Rm. 402 |
| 3:00 - 3:45 PM   | 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 |
| 4:00 - 4:45 PM   | 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 |
| 3:00 - 3:45 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 |
| 3:00 - 3:45 PM   | The Benefits of Fellowship  
Have you or someone you know ever experienced an 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 |
| 4:00 - 4:45 PM   | 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 |
| 3:00 - 3:45 PM   | 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 |