Wholistic Health Fair

Sunday, November 8, 2009
11 AM - 6 PM
University Center, 50th & Rockhill Rd. at UMKC

- 20 Workshops
- Silent Auction
- FREE Expo—60 Exhibitors

EVENT COORDINATION
Coordinator:
Rick Mareske

Invaluable Assistants:
Jamie Braun, Kassandra Carr, Jessica Genzer, Heather Sprigler

Regina Compernolle: Health Fair Logo

Many thanks to all those who made this year’s Communiversity Wholistic Health Fair not only possible but successful as well.

Special thanks to the Student Life Office and to the University Center staff and to UMKC.

In 1991 Jo Bonewits, then a Communiversity staff member, suggested that we offer a health fair. Over 400 people showed up with 26 exhibitors. Best of all, the event was filled with magnanimous people with much sharing of good energy and information. Thanks to Joy Dupont the idea of offering a fair was suggested again in 1999 and the tradition has continued. We hope you have a wonderful day.

SILENT AUCTION

Sunday, November 8
University Center, Rm. 117, 5000 Rockhill Rd.

The silent auction is always a smashing success. It’s uniquely healthy and wholistic and is a great opportunity to get some great deals on some really fine services or products. All proceeds help support the Communiversity program so overbidding is encouraged.

Bidding Begins at 11 AM and Ends promptly at 3:55 PM

If you would like to donate to the Silent Auction call 816-235-1448.
It’s tax deductible and helps out your favorite adult education program.

Below we have some of the items that will be in the auction but rest assured there will be many more. Last Spring we ended up with over 60 items, from massage to jewelry and even some paintings. Come check it out.

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service or Item</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eckankar</td>
<td>2 Eckankar Books</td>
<td>$28</td>
</tr>
<tr>
<td>Scentsy Wickless Candles</td>
<td>Scentsy Plug In and Candle Bar</td>
<td>$25</td>
</tr>
<tr>
<td>Vemma</td>
<td>Vemma Liquid Nutrition</td>
<td>$35</td>
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<tr>
<td>Suyko Mahikari</td>
<td>BDD’s Light</td>
<td>$16</td>
</tr>
<tr>
<td>Nikken Wellness</td>
<td>Tri Phase Sport Bracelet</td>
<td>$45</td>
</tr>
<tr>
<td>Arbonne International</td>
<td>Spa Soak Set- Sea Soaks and Lotion</td>
<td>$115</td>
</tr>
<tr>
<td>Love Wisdom Wellness</td>
<td>Radiant Health Gift Certificates (3 available)</td>
<td>$40</td>
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<tr>
<td>Christian Science Reading Room</td>
<td>Book and Cd</td>
<td>$30</td>
</tr>
<tr>
<td>Mighty Morsels</td>
<td>3-Month Mighty Morsels Mastermind Membership</td>
<td>$60</td>
</tr>
<tr>
<td>Sexy Back Boot Camps</td>
<td>1 month membership to camps</td>
<td>$249</td>
</tr>
<tr>
<td>Prairie Wise Herbal School</td>
<td>Basic Herbalism Workbook</td>
<td>$63</td>
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<tr>
<td>Key Dynamics Chiropractic</td>
<td>Complimentary initial exam</td>
<td>$300</td>
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<tr>
<td>Whole Body Health</td>
<td>Acupuncture treatment</td>
<td>$50</td>
</tr>
<tr>
<td>Injeanius Creations</td>
<td>Hot/Cold Teddy Bear</td>
<td>$39</td>
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<tr>
<td>Waldo Chiropractic Group</td>
<td>Chiropractic Consultation/Examination</td>
<td>$168</td>
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<tr>
<td>Sacred Heart Light</td>
<td>1.5 hr Reiki/ Tuning Fork Combo</td>
<td>$75</td>
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<tr>
<td>White Light Books</td>
<td>Basket of Goodies</td>
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<tr>
<td>Goedden Jewelers</td>
<td>Jewellery</td>
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<tr>
<td>Angelic Reflections</td>
<td>Resonant Field Imaging</td>
<td>$35</td>
</tr>
<tr>
<td>Baker Chiropractic &amp; Acupuncture</td>
<td>Gift Certificate</td>
<td>$50</td>
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<tr>
<td>A Quiet Sole Reflexology</td>
<td>CD of Music</td>
<td>$20</td>
</tr>
<tr>
<td>Sage</td>
<td>3 Life Wave Patches and Consultation (2 available)</td>
<td>$50</td>
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<tr>
<td>KC Fitness Link</td>
<td>5 class Yoga Pass expires 01/30/2010</td>
<td>$85</td>
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<tr>
<td>Mila by LifeMax</td>
<td>1 Bag of Mila</td>
<td>$45</td>
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<tr>
<td>Fibromyalgia Coalition International</td>
<td>1 Year subscription to Fibromyalgia Alternative News Magazine</td>
<td>$35</td>
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<tr>
<td>Whole Body, Whole Food, Whole Health LLC</td>
<td>One Class (use within year)</td>
<td>$25</td>
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<tr>
<td>Whole Body, Whole Food, Whole Health LLC</td>
<td>Savele Sampler</td>
<td>$20</td>
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<tr>
<td>Body Renewal Therapeutic Massage LLC</td>
<td>60-minute Relaxation Massage</td>
<td>$60</td>
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<tr>
<td>Care Alternatives Hospice</td>
<td>Aromatherapy Kit</td>
<td>$50</td>
</tr>
<tr>
<td>Mystic Tiger Ashram</td>
<td>10-Minute Reading</td>
<td>$15</td>
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<tr>
<td>Spirit Seeker Magazine</td>
<td>1/8 page color ad in Spirit Seeker</td>
<td>$230</td>
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<tr>
<td>Harley Sears</td>
<td>3 one-hour hypnosis session for smoking cessation (3 available)</td>
<td>$250</td>
</tr>
<tr>
<td>Sage</td>
<td>Lifeway Patches with consultation</td>
<td>$50</td>
</tr>
</tbody>
</table>
### Wholistic Health Fair Workshops—Sunday, November 8

All Health Fair Workshops meet on Sunday, November 8th in the University Center Bldg. at 50th & Rockhill Rd. Sign-up early using the registration form on page 23 (some workshops may fill up) or you may sign-up at the door. **Do not pay the registration fee of $2 on the form if you are registering only for Health Fair Workshops.**

Workshop fees are: $2 per workshop ($3 at the door) or $5 for 3 classes ($7 at the door) – per person. Admittance to the fair is FREE.

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
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<tbody>
<tr>
<td>12:00 - 12:45 PM</td>
<td>#4601 A Steps to a Diet Based in Whole Foods</td>
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<tr>
<td></td>
<td>Learn about the power of choice and how it affects our health.</td>
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<tr>
<td>1:00 - 1:45 PM</td>
<td>#4605 A How to Stay Young Your First 100 Years</td>
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<td></td>
<td>Join Amber Belt, ND, to learn how a naturopathic doctor approaches and</td>
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<tr>
<td></td>
<td>treats several common childhood ailments such as ear infections, colds,</td>
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<tr>
<td></td>
<td>and eczema.</td>
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<tr>
<td>2:00 - 2:45 PM</td>
<td>#4609 A Naturopathic Medicine and Childhood Illness</td>
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<tr>
<td></td>
<td>Explore the benefits of and offer six simple steps to help people implement a diet based in whole foods.</td>
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<tr>
<td></td>
<td>Convenor: Darryl Olive</td>
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<td></td>
<td>Convenor: Kevin Stallbaumer</td>
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<tr>
<td></td>
<td>Convenor: Dave Dover</td>
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<tr>
<td>3:00 - 3:45 PM</td>
<td>#4613 A The Power of Choice</td>
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<tr>
<td></td>
<td>Experience the energy that energy healers use to assist their clients in healing.</td>
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<td></td>
<td>Gain a better understanding of the human energy field and how it impacts our daily life.</td>
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<td></td>
<td>Convenor: John Hoefer</td>
</tr>
<tr>
<td>4:00 - 4:45 PM</td>
<td>#4617 A Path to Enlightenment</td>
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<tr>
<td></td>
<td>Learn about the power of choice and how it affects our health.</td>
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<tr>
<td></td>
<td>Convenor: Becky Bishop</td>
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<tr>
<td></td>
<td>Convenor: Bill Price</td>
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<td></td>
<td>Convenor: Linda Bamber</td>
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<td></td>
<td>Convenor: Teri Higbee</td>
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<td></td>
<td>Convenor: Amber Belt</td>
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<td></td>
<td>Convenor: John Hoefer</td>
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<tr>
<td></td>
<td>Convenor: Judy Crotchett</td>
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<td>Convenor: Rob Aamerine</td>
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<td></td>
<td>Convenor: Flossie Alexander</td>
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<tr>
<td></td>
<td>Convenor: Amber Belt</td>
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<tr>
<td></td>
<td>Convenor: Alex Jackson</td>
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<td></td>
<td>Convenor: Alex Jackson</td>
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<tr>
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<td>Convenor: Alyn Jackson</td>
</tr>
<tr>
<td></td>
<td>Convenor: Traci Gray-Steehn</td>
</tr>
</tbody>
</table>

**#4601 A Steps to a Diet Based in Whole Foods**

Explore the benefits of and offer six simple steps to help people implement a diet based in whole foods.

**Convenor:** Darryl Olive

**Rm. 147**

**#4602 A Headaches**

Dr. Dover will present an in-depth look at the various types of headaches, the causes of headaches, and also natural and EFFECTIVE treatments.

**Convenor:** Dave Dover

**Rm. 106**

**#4603 A Solar Oven Cooking**

Bill will demonstrate the pros and cons of a variety of solar cooking ovens as well as their application in Kansas City and in third world countries.

**Convenor:** Bill Price

**Rm. 146**

**#4604 A Meditation: The Observation of Life**

Learn to breathe, reduce stress and feel better through meditation. In this session, you’ll learn practical approaches to establish mental and emotional clarity.

**Convenor:** Darryl Olive

**Rm. 147**

**#4605 A How to Stay Young Your First 100 Years**

Make people aware of the importance of thinking long-term with their health choices because we are living longer today.

**Convenor:** Kevin Stallbaumer

**Alumni Rm.**

**#4606 A Breast Health Education**

BRAS-Breast Research Awareness and Support shares a variety of low-cost, effective and drug-free ideas that you will never hear from the medical community to effectively protect your breast health.

**Convenor:** Linda Bamber

**Rm. 106**

**#4607 A Radiant Living**

Do you want more out of your life? Are you dealing with core life-issues that keep you from shining? Experience Transformation for Radiant Living!

**Convenor:** Teri Higbee

**Rm. 146**

**#4608 A Stop Cravings and Mood Swings**

Do you uncontrollably crave sugar in the afternoon or evening? Learn why and how to stop the cravings and mood swings.

**Convenor:** Sherree Ross

**Rm. 147**

**#4609 A Naturopathic Medicine and Childhood Illness**

Join Amber Belt, ND, to learn how a naturopathic doctor approaches and treats several common childhood ailments such as ear infections, colds and eczema.

**Convenor:** Amber Belt

**Alumni Rm.**

**#4610 A The Lies and Myths of Fat Loss**

Learn about the lies and myths of fat loss through exercise, nutrition and supplements.

**Convenor:** Khi Chay

**Rm. 106**

**#4611 A Maya Abdominal Massage**

The class will focus on abdominal health and massage to understand the causes of common problems such as: digestive disorders, menstrual complaints, reproductive, post-surgical adhesions and emotional. Also, the class will give suggestions and answer questions that relate to the core.

**Convenor:** Alex Jackson

**Rm. 146**

**#4612 A Peruvian Shamanism**

An intro to the aspects of Peruvian Shamanism through the Mesa, a ceremonial altar that works with the forces of the natural world for personal, community and planetary healing.

**Convenor:** Daniel Basley

**Rm. 147**

**#4613 A The Power of Choice**

Learn about the power of choice and how it affects our health.

**Convenor:** Flossie Alexander

**Alumni Rm.**

**#4614 A The Energy of Healing**

Personally 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 life.

**Convenor:** John Hoefer

**Rm. 106**

**#4615 A The Calf is Nursing (A Quantum Approach to Healing)**

This lecture is geared to opening us up to new dimensions of healing which are present even when yet undiscovered.

**Convenor:** Judy Crotchett

**Rm. 146**

**#4616 A Have You Had a Spiritual Experience?**

Explore dreams, visions and divine love. Try a spiritual exercise. Share your stories and experiences. Free book and CD.

**Convenor:** Traci Gray-Steehn

**Rm. 147**

**#4617 A Path to Enlightenment**

Learn the true secret to what enlightenment actually is and how to get there. Convenor is a Dzogchen Master who has been initiating others into the enlightened path for over fifteen years.

**Convenor:** Yogi Ramaaraaja

**Alumni Rm.**

**#4618 A Healthy Vocal Use**

A holistic, functional approach to voice use through breathing, stretching exercises and easy vocal warm-ups.

**Convenor:** Riva Capellari

**Rm. 106**

**#4619 A Bee Sting Therapy**

Lecture focuses on bee sting therapy and why it works. Other topics covered are uses, what you need to start therapy, effectiveness and mistakes.

**Convenor:** Rob Aamerine

**Rm. 146**

**#4620 A Spiritual Eating**

An overview of society’s disconnect with agriculture, food and cooking with how-to’s for melding our spiritual relationship with food.

**Convenor:** Traci Gray-Steehn

**Rm. 147**
Exhibitor Directory

#37—A Quiet Sole Reflexology
Reflexology
Kristie Martin
913.220.8990
relax@aquietsole.com; www.aquietsole.com

#51—Align Your Life
Well Being Center
Judy Widener
816.616.2593

#22—Angelic Reflections
Resonant Field Imaging
Susan Prout
816.377.3507
susan@angelicreflections.com; www.angelicreflections.com

#7—Aquarius
Aura Photographs
Barbara Criswell
3336 Broadway, Kansas City, MO 64111
P: 816.931.9378
aquariusbooks@aol.com; ww.aquariusbooks.com

#47—Arbonne International
Health & Wellness
Jayleen Meyer
2804 NE 63rd Terr., Gladstone, MO 64119
816.651.4601
jayleenmeyer@yahoo.com; www.jayleenmeyer.myarbonne.com

#54—Baker Chiropractic & Acupuncture
Chiropractic, Acupuncture, CranioSacral Therapy, Total Body Modification
Dr. Kristine Baker
2300 Main Suite 900 Kansas City, MO 64108
816.256.3603
DrBakerCares@gmail.com; www.DrBakerCares.com

#19—Better Days
Day Boswell
PO Box 12323, Overland Park, KS 66212
913.231.9216
betterdayskc@gmail.com

#40—Body Renewal Therapeutic Massage LLC
Massage Therapy
Marc Rush
1505 Westport Rd. Suite 202 Kansas City, MO 64111
913.575.9230; marcobodyrenewal@gmail.com

#39—Care Alternatives Hospice
Volunteering Alternatives Therapies to Hospice
Elizabeth Clayton
1420 NW Vivion Road, Suite 105
Kansas City, MO 64118
P: 816.584.8111 F: 816.584.8110
Elizabeth.clayton@carealt.com; www.carealt.com

#36—Chiropractic Injury & Wellness Clinic
Dr. Kevin Stallbaumer
11946 W 95th St., Lenexa, KS 66215
P: 913.888.0338 F: 913.888.0331
drsthallbaumer@gmail.com; www.drstallbaumer.com

#17—Core Star
Energy School and Energy Healing
Jim Crabtree
6045 Marthway #104 Mission, KS 66202
P: 913.831.4422 F: 913.831.4623
corestar@prodigy.net; www.corestarenergyhealing.com

#4—Designs of Spirit
Metaphysical Jewelry, Chakra Questionnaires
Cheryl Heywood RN
11914 Willow Ln. #204
Overland Park, KS 66213
913.484.9684
designsofspirit@yahoo.com; www.designsofspirit.com

#15—Eckankar
Beegee Johnson
3611 Main St. Kansas City, MO 64111
816.931.0850
beeggejohnson@gmail.com

#1—Evolving Magazine
Jill Dutton
913.944.1288
jill@evolvingmagazine.com; www.evolvingmagazine.com

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Overland Park, KS Dec 5-6
Davenport, IA Jan 17-18
Omaha, NE Feb 6-7
Wichita, KS Feb 27-28
Kansas City, MO Mar 27-28

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CONT. ON P. 22)
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- Spirit Seeker sponsors guest speakers in the area of Spirituality & Wellness

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Wholistic Health Fair—Sunday, November 8

Silent Auction in Room 117

= 6' TABLE

PIERSON
AUDITORIUM
### EXHIBITOR TABLE NUMBERS

**OUTER TIER**

1. Evolving Magazine
2. Herb Shop
3. Mighty Morsels
4. Designs of Spirit
5. Love Wisdom Wellness
6. Reiki
7. Aquarius
8. Nippon Chiropractic & Acupuncture
9. Spirit Seeker Magazine
10. Sacred Earth Arts
11. Sacred Heart Light
12. Kangen Water
13. I Understand LLC
14. Eckankar
15. Mila by LifeMax
16. Core Star
17. YOUR BOOTH HERE
18. YOUR BOOTH HERE
19. YOUR BOOTH HERE
20. YOUR BOOTH HERE
21. YOUR BOOTH HERE
22. Angelic Reflections
23. Prairie Wise Herbal School
24. NorthCare Hospice
25. Sage
26. YOUR BOOTH HERE
27. YOUR BOOTH HERE
28. YOUR BOOTH HERE
29. YOUR BOOTH HERE
30. YOUR BOOTH HERE
31. Fibromyalgia Coalition International
32. YOUR BOOTH HERE
33. Scentsy Wickless Candles
34. Key Dynamics Chiropractic

**INNER TIER 1**

35. NuSkin/Pharmanex
36. Chiropractic Injury & Wellness Clinic
37. A Quiet Sole Reflexology
38. Whole Body Health
39. Care Alternatives Hospice
40. Body Renewal/Therapeutic Massage LLC
41. Shamanic Pathways
42. KC Fitness Link
43. Gaur Haré
44. Sukyo Mahikari
45. Speer Chiropractic
46. Nikken Wellness
47. Arbonne International
48. Vemma/Verve
49. KC Healing Pathways
50. Vibrational Healing
51. Align Your Life
52. Injeanius Creations
53. Whole Body, Whole Food, Whole Health, LLC
54. Baker Chiropractic
55. YOUR BOOTH HERE
56. Suzanne Alt
57. Waldo Chiropractic Group

**INNER TIER 2**

46. Nikken Wellness
47. Arbonne International
48. Vemma/Verve
49. KC Healing Pathways
50. Vibrational Healing
51. Align Your Life
52. Injeanius Creations
53. Whole Body, Whole Food, Whole Health, LLC
54. Baker Chiropractic
55. YOUR BOOTH HERE
56. Suzanne Alt
57. Waldo Chiropractic Group

**MAIN HALLWAY**

58. Falun Dafa
59. True Self Defense
60. UMKC School of Pharmacy
61. UMKC School of Pharmacy
62. YOUR BOOTH HERE
63. Mystic Tiger Ashram

**CHANCELLOR’S DINING ROOM**

KKFI Psychics

ROOM 117

Silent Auction

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### Yoga with Becky

Greater freedom in body and mind through skilled and compassionate guidance.

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- Individualized Yoga Therapy

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### Extremely Effective Nontraditional Therapies!

**BEE STING THERAPY** and LIFEWAVE Homeopathic Patches

Rob Amerine: 816-444-4668 or email: ra5705@gmail.com

I have been diagnosed with Parkinson’s for four years. The bees have helped alleviate most of my symptoms. LEARN WHY THIS THERAPY WORKS!

If you have no MAJOR medical issues and do not like the idea of bee stings you may want to try Life Wave (www.lifewave.com) homeopathic patches. They work on the same principles of acupuncture. There are patches for energy enhancement, arthritis pain and joint relief, sleep aid, appetite and weight control and anti-aging. The anti-aging patches are glutathione boosters and/or carnosine boosters.

These statements are not evaluated by the FDA. These procedures and/or products are not intended to diagnose, treat, cure or prevent any disease.
Every human being is the author of his own health or disease.
Hindu Prince Gautama Siddharta, the founder of Buddhism, 563–483 B.C.)
REGISTRATION DATES & TIMES

CLASS FEES:
- Class fees are from $9 - $16 depending on number of sessions and total class hours.
- Some classes require a material fee to be paid at time of registration.
- One child 12 or under free when attending the same class with a paid adult.
- Senior citizens (65 and up) and UMKC Faculty & Staff receive the early bird price whenever they register.
- FREE TO UMKC STUDENTS* (UMKC Students must still pay material fees.)

WE OFFER 5 WAYS TO REGISTER:

1) By Mail
(checks or Visa/Mastercard/Discover)
Begin when you find a catalog-Mail to:
Communiversity: 5327 Holmes, KCMO, 64110
Make checks out to Communiversity
Mail processed on a first come, first served basis.
You will be notified only in the event of a class change or if the class is full. Receipts sent via email

2) In-Person
(currency, checks or Visa/Mastercard/Discover)
Sign-up Special:
Sunday, November 8th, 11:00 AM - 6:00 PM;
University Center, Wholistic Health Fair Registration Booth, 50th & Rockhill Rd., UMKC Campus, KCMO.
(the registration fee of $2 waived and you'll receive $1 off the first class and $2 off subsequent classes.
Regular Registration Hours—begin weekdays,
from 10:00 a.m.-5:00 p.m.,
Location: Communiversity Office, 5327 Holmes, 2nd floor.

3) By Phone
(Visa/Mastercard/Discover)
Regular Registration Hours—begin weekdays,
from 10:00 a.m.-5:00 p.m.,
Call 816-235-1448; only Visa/Mastercard/Discover accepted. Please have credit card number and expiration date handy when you call.
Confirmation of your registration is at the time you call. Hearing Impaired: Call 1-800-735-2966

4) By Fax—24/7
(Visa/Mastercard/Discover)
Begins when you find a catalog. Fax your completed registration form with Visa/Mastercard/Discover card info to 816-235-5612, 24 hours every day. You will be notified only in the event of a class change.

5) Online—24/7
(Visa/Mastercard/Discover)
Register and pay online anytime.
www.umkc.edu/commu

REGISTRATION FORMS

Mail to: Communiversity, 5327 Holmes, KCMO 64110

Name ___________________________________________ _____________________________________________
Address ___________________________________________ _____________________________________________
City _______________ State _______________ Zip _______________
Phone: Day (______) _________ - _________________ Night (______) _________
E-mail address __________________________________________

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Title</th>
<th>Class Fees</th>
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I am presently a UMKC Student
(Pay ONLY material fees)
Student ID #: ___________________________

I am interested in volunteering
I am interested in teaching

Sub-

COMMUNITY LIABILITY WAIVER (Must Sign to Register)
I understand that Communiversity is not an academic program of the University of Missouri-Kansas City.
Its conveners are not employees of Communiversity or UMKC. Communiversity makes no representation as to, nor is responsible for, class content, manner of presentation, time or location.
The undersigned releases the Curators of the University of Missouri and Communiversity staff from any liability for personal injury or property damage sustained while attending or otherwise being involved with classes offered through Communiversity.
Signature ___________________________ Date ________________

REGISTRATION FORMS

Mail to: Communiversity, 5327 Holmes, KCMO 64110

Name ___________________________________________ _____________________________________________
Address ___________________________________________ _____________________________________________
City _______________ State _______________ Zip _______________
Phone: Day (______) _________ - _________________ Night (______) _________
E-mail address __________________________________________

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<th>Course #</th>
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I am presently a UMKC Student
(Pay ONLY material fees)
Student ID #: ___________________________

I am interested in volunteering
I am interested in teaching

Sub-

COMMUNITY LIABILITY WAIVER (Must Sign to Register)
I understand that Communiversity is not an academic program of the University of Missouri-Kansas City.
Its conveners are not employees of Communiversity or UMKC. Communiversity makes no representation as to, nor is responsible for, class content, manner of presentation, time or location.
The undersigned releases the Curators of the University of Missouri and Communiversity staff from any liability for personal injury or property damage sustained while attending or otherwise being involved with classes offered through Communiversity.
Signature ___________________________ Date ________________
Community Halloween Party

October 26
3-5 pm
Pierson Auditorium
University Center
5100 Rockhill Rd.

free for all!

Trick-or-Treat! APC invites University of Missouri Kansas City students and the Kansas City community to come together and celebrate Halloween in spooktacular style. You’ll find candy, games, prizes, live entertainment, and much more at this event that’s designed for the whole family!