**Wholistic Health Fair**

**Sunday, March 26, 2006**

11 AM - 6 PM

University Center, 50th & Rockhill Rd. at UMKC

- **20 Workshops**
- **Silent Auction**
- **FREE Expo—60 Exhibitors**
- **KKFI Psychics**

**EVENT COORDINATION**

Rick Mareske & Julie Hise
Co-coordinators

Jeanne-Marie Ouellette
Jon Robertson
Ade Olabode
Invaluable Assistants

Regina Comperolle
Health Fair Logo

Many thanks to all those who made this year's Communiversity Wholistic Health Fair a success and possible.

Volunteers: Lyn Halama, Aaron Welch, J.J. O'Toole, Shanika Miller and many from the Student Life Office

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

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**SILENT AUCTION**

The silent auction was a smashing success last year. This 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 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.*

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service or Item</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aim Program [Energetic Bal.]</td>
<td>Sanctuary-6 CD Set</td>
<td>$40.00</td>
</tr>
<tr>
<td>All Star Chiropractic</td>
<td>Free Exam</td>
<td>$250.00</td>
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<tr>
<td>Aquarius</td>
<td>Aura Photo &amp; Reading</td>
<td>$30.00</td>
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<td>Arbonne International</td>
<td>Skin Care Basket</td>
<td>$35.00</td>
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<tr>
<td>Aura Soma - Heart of America</td>
<td>Bath Products</td>
<td>$50.00</td>
</tr>
<tr>
<td>Back 2 Life/Passion 101</td>
<td>Books, enhancement items</td>
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<tr>
<td>Christian Science Reading Rm.</td>
<td>Science &amp; Health, CD or Book</td>
<td>$30.00</td>
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<tr>
<td>City in Motion</td>
<td>5 Classes</td>
<td>$60.00</td>
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<tr>
<td>Crystal Awakening</td>
<td>Treatment</td>
<td>$75.00</td>
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<tr>
<td>Doris' Wig Boutique</td>
<td>1/2 Hour Massage</td>
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<td>Eckankar of Kansas City</td>
<td>Book</td>
<td>$15.00</td>
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<tr>
<td>Hamsa Integrative Healthcare</td>
<td>Initial Exam &amp; TX</td>
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<tr>
<td>Inner Frontiers</td>
<td>1 Life Coaching Session</td>
<td>$75.00</td>
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<tr>
<td>KC Center of Light</td>
<td>CD, Book and 1 on 1 coaching</td>
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<tr>
<td>KC Healing Hands Network</td>
<td>Healing Touch Session</td>
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<td>Khawaja's Place</td>
<td>Gift Basket</td>
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<td>Kundalini Yoga Center</td>
<td>6 Yoga Classes</td>
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<tr>
<td>Maya Zahira</td>
<td>Earrings</td>
<td>$25.00</td>
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<td>Midwest Inst. of Nat. Healing</td>
<td>Natural Healing Wrkshp.</td>
<td>$100.00</td>
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<tr>
<td>Moving with Life</td>
<td>Functional Integration</td>
<td>$65.00</td>
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<tr>
<td>NIKKEN (quality of life tech.)</td>
<td>Filtered Water Bottle</td>
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<tr>
<td>Nikken Wellness</td>
<td>Magsteps, magnetic insoles</td>
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<td>Organic Natural Enterprise</td>
<td>Basket of Organic Skin Care</td>
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<tr>
<td>Our Bright Future</td>
<td>Gift Card</td>
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<td>Sterling Jewelry</td>
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<td>Sacred Earth Arts</td>
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<td>Schaal Health Center</td>
<td>Exam and 2 NSA Treatments</td>
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<tr>
<td>Spotted Horse</td>
<td>Treatment</td>
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<td>Select Health Care</td>
<td>Weight loss &amp; Management</td>
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<td>Synergistic Care P.A</td>
<td>Consultation [20 minutes]</td>
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<td>Traditional Thai Message</td>
<td>30 min. Thai Message</td>
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<td>Tranquility Gardens</td>
<td>Herb Products Basket</td>
<td>$25.00</td>
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<tr>
<td>Wellness Magazine</td>
<td>1/16 page ad for 3 months</td>
<td>$255.00</td>
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<tr>
<td>Wellness Magazine</td>
<td>1/8 page ad for 3 months</td>
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</tbody>
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... and much more

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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.
**wholistic health fair workshops—March 26**

All Health Fair Workshops meet on Sunday, March 26th in the University Center Bldg. at 50th & Rockhill Rd.

Sign-up early using the registration form on page 27 (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 only registering 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.

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**12:00 - 12:45 PM**

#4601 A  
**Healing Touch—A Complimentary Therapy**  
This is an overview and introduction to healing touch. It includes several energy sensing exercises for audience practice. Mary is a holistic nurse and energy work practitioner.  
Convener: Mary Oberig  
Alumni Room

#4602 A  
**Talk to Your Liver!**  
Your liver stores all the information you need to know about your health: physical, emotional, psychological and spiritual. You will receive hands-on practice using Scaler Wave frequencies. Be surprised and informed!  
Convener: Dr. Patricia Searing  
Rm. 117

**1:00 - 1:45 PM**

#4603 A  
**Balancing Body Mind & Spirit with Belly Dance**  
Belly dance has been used since ancient times to assist people with healing their body, mind and spirit. Learn how this sacred dance can help you stretch and strengthen your body, alleviate stress, improve self image and clear energy.  
Convener: Maya Zahira  
Rm. 117

#4604 A  
**Awareness Through Movement**  
Using techniques developed by Moshe Feldenkrais you will learn to be comfortable in your body, to let go of tension and be able to move with lightness and elegance.  
Convener: Gary Mass  
Rm. 147

**2:00 - 2:45 PM**

#4605 A  
**Sing HU to Experience God’s Love**  
HU is Love’s golden thread, drawing Soul closer to God. Experience how it can bring you into a holy alliance with the Light and Sound of God’s love.  
Convener: Eckankar  
Alumni Room

#4606 A  
**Mystical Spirituality**  
Every major religion has an inner path. Learn how to fully encounter the divine within you and your deepest spiritual truth. Barbara directs the Kansas City Center of Light.  
Convener: Rev. Barbara Johnson  
Rm. 106

#4607 A  
**Personal Empowerment**  
Overcome the obstacles that block you from having the life you really want! Learn three simple ways to achieve maximum performance and use these skills to create a life for yourself that reflects your deepest priorities. Judy is a Certified Life Empowerment Coach.  
Convener: Judy Widener  
Rm. 117

#4608 A  
**Mineral Hair Analysis**  
Mineral content of the hair reflects the mineral content of the body’s tissues. If a deficiency or excess exists in the hair, it usually indicates deficiency or excess in the body, or biounavailability.  
Convener: Dr. Ellis Ladd  
Rm. 147

**3:00 - 3:45 PM**

#4609 A  
**The Link Between Disease and Nutrition**  
Serious about your health? Understand the research linking nutrition to disease. Learn what it takes to become and stay healthy. Paula is a Nutrition Wellness Coordinator.  
Convener: Paula Bornus  
Alumni Room

#4610 A  
**Astrology For Your Life**  
How can astrology enhance your life? See how the planets reveal your gifts, challenges and timing of events. Kathleen and Julie are astrological consultants, teachers, speakers and writers.  
Convener: Kathleen Goodyear & Julia Steffey  
Rm. 106

#4611 A  
**The Healing Energy of Network Spinal Analysis**  
Network Spinal Analysis is a gentle, hands-on technique that allows one to tap into the powerful healing ability of one’s own body. Dr. Schaal is the former first baseman for the KC Royals.  
Convener: Dr. Paul Schaal  
Rm. 117

**4:00 - 4:45 PM**

#4601 A  
**Aura Soma**  
Direct from England: Aura-Soma is living color, supported by the energies of plants and crystals which can restore, revitalize and rebalance at all levels. Leilola is a certified Advanced Teacher through the International Academy of Aura-Soma.  
Convener: Leilola Reeder  
Alumni Room

#4612 A  
**ADD/ADHD**  
We will focus on the causes and contributors to ADD/ADHD and present real-life dietary and nutritional modifications to avoid medicating. Dr. Lundin specializes in chiropractic, soft tissue mobilization with an emphasis on nutritional approaches to health care.  
Convener: Dr. Amy Lundin  
Rm. 106

**3:00 - 3:45 PM**

#4613 A  
**Benefits of Thai Massage**  
Learn a little Thai massage. A hands-on session covering a foot massage, leg stretches and arm and shoulder stretches. We will also talk about the benefits of pressure on the muscles, stretching and the mind/body connection.  
Convener: Erica Beichley-Staven son, LMT  
Rm. 117

#4614 A  
**Aura Soma**  
Direct from England: Aura-Soma is living color, supported by the energies of plants and crystals which can restore, revitalize and rebalance at all levels. Leilola is a certified Advanced Teacher through the International Academy of Aura-Soma.  
Convener: Leilola Reeder  
Alumni Room

#4615 A  
**Hatha Yoga**  
Ms. Coleton holds an international teaching certificate in the K.D.S. style of Hatha Yoga.  
Convener: Kathleen Coleton  
Rm. 106

#4616 A  
**Tai Chi**  
Experience how it can bring you into a holy alliance with the Light and Sound of God’s love.  
Convener: Eckankar  
Alumni Room

#4617 A  
**Yoga: An Art of Discovery**  
Relieve tension, build personal strength and increase your flexibility by practicing Hatha Yoga. Ms. Coleton holds an international teaching certificate in the K.D.S style of Hatha Yoga.  
Convener: Kathleen Coleton  
Rm. 106

#4618 A  
**Intro to Falun Dafa**  
Falun Dafa is a wonderful self-improvement practice following the principles of Truth-Compassion-Forbearance. It has five sets of exercises. Brian has more than 6 years in the practice of Falun Dafa.  
Convener: Brian J. Kuang  
Rm. 146

#4619 A  
**Passion 101: Embracing Intimacy**  
Intimacy is a basic need for all of us. Learn about ways to embrace your personal desires and to enhance your loving experience.  
Convener: Janice Witt  
Alumni Rm.

**4:00 - 4:45 PM**

#4620 A  
**Henna**  
Learn about the history of henna and several ways to apply it. We’ll practice application, and look at traditional and modern designs.  
Convener: Ajay & Sabira Sood  
Rm. 147

#4621 A  
**Transitioning to a Healthy Diet**  
It’s easier than you think to change your daily food choices and make healthy eating delectable. Rebecca has 28 years’ experience as a natural foods chef and educator.  
Convener: Rebecca Miller  
Rm. 117
Network Spinal Analysis

Which Path Will You Take?

Sometimes what we need in life is not just more symptom relief. NSA nourishes your body, mind and spirit, bringing your life back into harmony and balance, plus it’s gentle and non-invasive too.

The path you choose could mean the difference between healing and curing. Which path will you choose?

“Become a participant in your own healing. Learn how you can turn on the ability your body has to release stored up physical, chemical and emotional stresses.”

Don’t miss my FREE Lecture & Demonstration at The Wholistic Health Fair, March 26 at 2:00 p.m. It could change your life!”

Schaal Health & Wellness Center  913.685.1414  www.schaal.com
Exhibitor Directory

#12 Aim Program, Emc
Energetic Balancing
Spiritual/Alternative Healing, Energy Balancing
Jo Ann Hamblin
913-381-8594
emc2worldwide@att.net
www.unitedglobalnetwork.com

#27 All Star Chiropractic
Chiropractor
Dr. Amy Lundin
9738 Wornall Rd
Kansas City, MO 64111
816-942-6066
allstarchiro@sbcglobal.net
www.allstarchiropractic.net

#22 Aquarius
Aura Photography
Barbara Criswell
3936 Broadway
Kansas City, MO 64111
816-931-6303
aquariusbooks@aol.com
www.aquariusbooks.com

#44 Arbonne International
Skin Care, Makeup, Aromatherapy, Nutrition
Debbie Seals
7814 NE San Rafael Dr.
Kansas City, MO 64119
816-694-4321
debbieseals@myarbonne.com
www.myarbonne.com

#39 Astrology for Soul Evolution
Astrological Consulting, Teaching, Speaking, and Writing
Kathleen Goodyear
PO Box 8463
Kansas City, MO 64114
816-361-0774
k@kathleengoodyear.com
www.kathleengoodyear.com

#6 Aura Soma Heart of America
Color Therapy
Leiola Reeder
7419 Metcalf
Overland Park, KS 66204
816-217-3722
leiola@planetkc.com
www.aura-somaheartofamerica.com

#9 Back 2 Life/Passion 101
Self-Help Motivation
Janice Witt & Dr. Ronald Witt
PO Box 8560
Kansas City, MO 64114
913-208-3533
gtback2life@hotmail.com

Canturbury Gifts
Magnetic Hematite Jewelry and Salt Lamps
Jeff Schnabel
7512 Canterbury Ct.
Prairie Village, KS 66208
913-383-1661
jlsk@kc.rr.com

#41 Ceragem
Infrared Thermal Massage Bed
James & Karen Beeson
9545 W. 87th St.
Overland Park, KS 66212
913-652-9890
ceragemop@sbcglobal.net

#52 Christian Science Reading Room
Sharon Morash
504 W. 112 St.
Kansas City, MO 64131
816-941-0793
cssockc2003@sbcglobal.net

#20 Core Star
Energy Healing and Teaching
Jim Crabtree & Lynn Johnson
6045 Martway #104
Mission, KS 66202
913-831-4422
info@corestarenergyhealing.com
www.corestarenergyhealing.com

#32 Crystal Awakenings
Crystal Healing, Angel Readings
816-941-4640

#10 Doris’ Wig Boutique
Low-Level Light Therapy for Thinning Hair
Linda White
8100 Marty
Overland Park, KS 66204
913-649-0444
doriswigboutique.com

#46 Eckankar of Kansas City
Religion
Sammye Billesbach, Leone Loveland, Linda Kuester
3611 Main
Kansas City, MO 64111
816-931-0850
bfb300@sbcglobal.net
www.eckankar.org

#26 Erica Beichly-Stevenson
Traditional Thai Massage
Erica Beichly-Stevenson & Dr. Greg Kellings
4804 S Noland Rd
Kansas City, MO 64133
816-353-3063
ericabeichley@hotmail.com

#8 Falun Dafa
Brian Kuang & Melody Hu
13806 W 78th St.
Lenexa, KS 66216
913-962-6382
tianqin@everestkc.net
www.falundafa.com

#28 Feel the Energy LLC
Reiki Master Teacher and Tuning Forks
Stephanie Pumphrey
816-452-2572
stephaniepumphrey@hotmail.com

#43 Fragrance World
3716 Main St.
KCMO 64111
816-931-4114
www.fragranceworld.biz

#40 Golden Neo Life Diamite
Nutritional Supplements
Ruth & Richard Miller
573-897-0360
cessna95r@yahoo.com

#50 Hamsa Integrative Healthcare
Chiropractic Care
Javid & Hedy Combs
816-941-4640

#59 Inner Frontiers
Empowerment Life Coaching
Judy Widener
3817 Terrace St, Ste 201
Kansas City, MO 64111
816-616-2593
judy@myinnerfrontiers.com
www.myinnerfrontiers.com

#2 Herb Shop
David Irish
206 W Maple, Independence, MO 64050
816-254-9970
www.davesherbshop.com
alergyfree@planetkc.com

Hot Springs Biofeedback Center
QXCI Biofeedback Interface
Dr. Phillip Burbutes & Maggie Burks
100 Baxter St
Hot Springs, AR 71913
501-624-1426
mhburks@msn.com

#49 Inner Frontiers
Empowerment Life Coaching
Judy Widener
3817 Terrace St, Ste 201
Kansas City, MO 64111
816-616-2593
judy@myinnerfrontiers.com
www.myinnerfrontiers.com

#45 Juice Plus Nutrition
Whole Food
Hildy Ann McElvain
14617 Dearborn
Overland Park, KS 66223
913-685-0828
hildyann@juno.com
www.jpnow.net

#19 Kansas City Center of Light
Transformative Spiritual Growth
Rev. Barbara Johnson & Rev. Marion Plunkett
13222 Beverly St.
Overland Park, KS 66209
913-645-3380
revbarb@christinajohnson.org
www.centersoflight.org

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Alice Harper
www.kcexpress.org
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www.aidforwomen.com

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816-453-3577
www.naturalhealingschool.org

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#53 Kansas City Healing Hands Network
Energy Healing
Mary Oberg & Myra Krumme
11510 S Millview Rd
Olathe, KS 66061
913-599-6750
healingtouch1@sbcglobal.net

#1 KC Wellness
Jeanette Schoenlaub
PO Box 7075, St. Joseph, MO
64507
816-936-2288

#7 Khawaja’s Place
Organic Bath and Body Products
Khawaja Az-Zubair
PO Box 414972
Kansas City, MO 64141
816-223-8578
kazzubair@yahoo.com

#16 Kundalini Yoga Center
Kundalini Yoga and Meditation
Karta Park Singh Khalsa, Sat Inder Kaur, & Deixa Kaur
3525 Walnut
Kansas City, MO 64111
816-561-5337
www.kckundaliniyoga.com

#4 Light Source
Meditation Tool
John Graff & Sharon Gaither
18624 Downing Rd.
Kearney, Mo 64060
816-520-2903
John@sacred-geometry.com

#17 Tabitian Noni International
Nutritional Products
Patricia Parker & Bill Johnson
816-509-7329
internationalworldwide@yahoo.com
www.tni.com/patparker

#35 & 36 Temple Slug
Loose Leaf, Organic Teas and Teaware
Keith Buchanen
4303 Jefferson St.
Kansas City, MO 64111
816-531-5147
info@templeslug.com
www.templeslug.com

#51 The Maya Zahira School of Belly Dance
Maya Zahira
PO Box 82
Lawrence, KS 66044
785-979-4681
bellydance@mayazahira.com
www.mayazahira.com

#13 Tranquility Gardens
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Madalein Odell
4708 Fontana
Roeland Park, KS 66205
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tranquilitygardens@kc.rr.com

#11 Whole Body Health
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11791 W. 112th St.
Overland Park, KS, 66210
913-961-6308
drshelton@wholebodyhealth.com
www.wholebodyhealth.com

#47 Wise Old Owl
Card Reading, Energy Healing
Connie Wallace
913-406-5557

#34 Synergistic Care PA
Chiropractic Care
Dr. Ella Ladd & Yecenia Ruiz
6363 W. 110th St
Overland Park, KS 66211
913-341-4224

#26 Spring ‘06 WHOLISTIC HEALTH FAIR—SUNDAY, MARCH 26

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#14 Moving With Life
Feldenkrais Method of Somatic Education
Gary Mass
12113 Norwood
Leawood, KS 66209
913-530-0804
gmms2@yahoo.com

#15 Nature’s Sunshine
Massage, Herbs, Spirituality
Carol Meyer
5019 W. 56th St.
Roeland Park, KS 66205
913-677-8672
www.wisdom-ways.org

#39 Navigation by the Stars
Astrology
Julia Steffey
816-665-5239
www.artofstars.net

#5 Nikken
Wellness Products and Consultant
Audrey Horton & Janice Hill
816-734-4354

#3 Organic Natural Enterprise Group
Organic Skin Care
Laura Schaeffer & Joanne Rizer
816-560-6208
lschaeffer@kc.rr.com
www.oneorganicway.com

#32 Spotted Horse
Myofacial Release, Life Reading
913-898-2252
Roberta Ashby

#34 Synergistic Care PA
Chiropractic Care
Dr. Ella Ladd & Yecenia Ruiz
6363 W. 110th St
Overland Park, KS 66211
913-341-4224

#35 & 36 Temple Slug
Loose Leaf, Organic Teas and Teaware
Keith Buchanen
4303 Jefferson St.
Kansas City, MO 64111
816-531-5147
info@templeslug.com
www.templeslug.com

#47 Wise Old Owl
Card Reading, Energy Healing
Connie Wallace
913-406-5557

#38 XanGo
Functional Health Beverage
Paula Bradfield
816-786-0985
pbradfield@kc.rr.com
www.pbradfield.natureswellnesssecret.com