



Health & Wellness Fair – January 14th 2012 – 9 a.m. to 1 p.m.
510 7th Street, Fennimore High School
Presentation Schedule

- 9:15 to 9:45** **Ten Questions to Ask your Health Care Provider Before Starting a Weight Loss Program**
Nicole Schopf, APNP, Boscobel Area Health Care, Bluff Street Clinic
Learn how to safely lose weight, the realities of fad diets and restricting certain foods (ie: no fat diets or carb-free diets), and how medications, illnesses, injuries, and other medical issues can affect your weight loss journey.
- 9:15 to 9:45** **Healthy Cooking Demo**
Wild Tree Health Food
- 10:15 to 10:45** **The Numbers Game**
Theresa Braudt, RN, Cardiac Rehab Manager, Boscobel Area Health Care
Moving the number on the scale is only part of the weight loss process. Learn how other numbers, including BMI, waist circumference, calories consumed, grams of fat, minutes in motion, and numbers of servings all play a role in weight loss.
- 10:15 to 10:45** **Monkey Movement**
A session of movement and activity for children
- 11:15 to 11:45** **Strong Women Stay Young**
Chris Swan, Registered Dietician, Wellness Coach
Find out why strength training is important for women of all ages. The "Strong Women" program originated from the research of Mariam Nelson Ph.D. from Tufts University and focuses on keeping women strong and healthy as they age. Come here an informational presentation on how this may benefit you or a woman you love.
- 11:15 to 11:45** **Fiber and Veggies and Fruits, Oh My!**
Laura Orth, Independent Director with The Pampered Chef
Quick and Easy is the name of the game. Learn how to add fresh fruit and veggies to your family's choice at meals and snacks.
- 12:15 to 12:45** **Zumba Gold**
Mariam Simons
Try this great dance-based cardio exercise and see what all the excitement is about!
- 12:15 to 12:45** **Energy for Health**
Vicki Marish, Healing Touch, LLC
Learn about the energy based activities that can provide health and improved well being. Will include a basic explanation of energy work, with an activity to experience the benefits.