



# WELLNESS CONNECTIONS

PRESENTS

# WELLNESS FAIR 2010

Staying Well in Stressful Times

## MEET

*Fresno's premier holistic practitioners, nutritionists, coaches*

## LEARN STRATEGIES

*For wellness solutions—past, present, & future*

## EXPERIENCE

*Simple Systems for Healthy Living*

## ENJOY SPEAKERS and INTERACTIVE CLASSES

*Dr. Diane Dimon: Meditation for Chronic Pain” A Research-Based Approach*

*Jo Ridgway: Educate Before You Choose To Vaccinate*

*Dr Nancy Gardner-Heaven: Healing the Burned-Out Adrenals*

*Dr Matthew Norton: Thriving through Change and Loss*

*Frank Saxton and Bruno Luconi: The Healing Nature of Art*

*Mary Murphy: Breathe Your Stress Away*

When: Sunday, January 31, 2010

10:00 AM - 5:00 PM

Where: Regency Event Center ~ 1600 North Willow Avenue (Just north of Shaw on Willow)

Entrance Fee: \$5 per person in advance / \$7 per person at door

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For Advance Tickets, go to: [www.wellnessconnections.net](http://www.wellnessconnections.net)

Call (559) 435-5640 or contact a Wellness Connections Member

PROVIDING HEALTH CARE & HEALING ARTS IN THE CENTRAL VALLEY