



# Wellness Connections

Health Care And Healing Arts In The Central Valley

PRESENTS

## Wellness Fair 2012

**“Don’t Just Survive – Thrive!  
Creative Healthy Choices for You”**

**MEET Fresno’s Premier Holistic Practitioners, Nutritionists and Coaches**

ENJOY SPEAKERS and INTERACTIVE CLASSES  
ON THE MAIN STAGE

11:00am **Debora Palmer** ~ *“Stress Busting: Journal Writing for a Better Life”*

12:30pm **Monika Joshi, Mary Murphy, Richelle Jarrell** ~

*“Sister Sciences – Ayurveda, Yoga and Vedic Astrology”*

2:00pm **Judy Nelson** ~ *“Genetically Modified Organisms (GMO’S):  
Hidden Health Risks in Our Food”*

3:30pm **Kellie Townsend** ~ *“Beyond Affirmations: 3 Self-Love Practices to  
Change Your Life”*

THEN THROUGHOUT the DAY LOOK for SURPRISES and INFORMATION on the VENDOR STAGE

**When:** Sunday, January 29, 2012

**Time:** 10:00 am – 5:00 pm

**Where:** International Catering Company

4277 N. West Avenue (Just North of Ashlan) Fresno, CA 93705

**Entrance Fee:** \$5.00 in advance ~ \$7.00 at the door

---

**Advanced Tickets Available at:**

Kristina’s Natural Ranch Market (S/W corner of First and Barstow)

Nature’s Nutrients (S/W corner of West and Bullard)

Tower Health and Diet Foods (Fulton at Olive)

The Center Bridging Body, Mind and Spirit (1233 W Shaw Ave Suite 105)

**For Additional Information:**

Visit the website at [www.wellnessconnections.net](http://www.wellnessconnections.net) or call Susan at 559 246-1098