

We thank the following people for participating in and supporting our conference today. Please support them as well by visiting their tables in the vendor area.



**Amanda L. Benko** is a Licensed Massage Therapist and since 2005 has owned Full Circle Spa & Bodyworks at Homza Chiropractic Rehab & Wellness, 5721 Linglestown Road, Harrisburg, PA 17112. She is also an Instructor at the McCann School of Business and Technology in Carlisle, PA campus. She can be reached at 717-315-0210, [fullcircle\\_sb@massagetherapy.com](mailto:fullcircle_sb@massagetherapy.com) and through her website: <http://www.fullcirclespaandbodyworks.massagetherapy.com>



**Cass Jendzurski** is a Lancaster County professional vocalist and professional performer. In May 1999 she felt the call of God to found a volunteer ministry of music to the dying of Lancaster County. She invited three others to join her and Songs for the Journey was born. Today 60 volunteer members minister through song to the dying and their families at 30 local medical facilities and hospices. No charges of any kind are involved. Learn more at <http://songs4thejourney.org>



**Julie Runkle** enjoys her work as an Independent Consultant for Paparazzi Accessories, where the fun never ends! Each item she sells—cute, popular styles of necklaces, bracelets, earrings, rings, and more—retails for only \$5.00 each! She loves helping her customers secure their favorite pieces, to get a little something new without the guilt of spending a lot. With so many styles and designs, there is truly something for everyone! Check out her website at [www.paparazziaccessories.com/50300](http://www.paparazziaccessories.com/50300) and her Facebook page at <https://www.facebook.com/groups/JuliesVIPJewelsPaparazzi>



The **Lancaster Barnstormers** are an American professional baseball team based in Lancaster, Pennsylvania. They are a member of the Freedom Division of the Atlantic League of Professional Baseball. From 2005 to the present, the Barnstormers have played their home games at Clipper Magazine Stadium. Lancaster Barnstormers provides affordable family-friendly entertainment! Many exciting games are scheduled throughout the 2018 season! Make sure to check out [lancasterbarnstormers.com](http://lancasterbarnstormers.com) for more information. ~ Samantha Biastra, Business Development Specialist, Lancaster Barnstormers, 717-358-9859, [sbiastre@lancasterbarnstormers.com](mailto:sbiastre@lancasterbarnstormers.com).



Feeling stuck? Looking for something that will keep your residents moving, bring new results to their healthcare, and bring joy to their routine? Maybe you are looking for something to help your staff unwind from the stresses that come with a job in healthcare. We have the solution and we get results. **Begin Within Wellness** brings a well-rounded approach to your facility: yoga, health coaching, and Reiki. Chair yoga is perfect for all skill levels and offers all the benefits of yoga with the safety of the chair. Mat yoga is available for staff and more independent residents. Contact us for more information at 717-799-9809 or email [vicky@beginwithinwellness.com](mailto:vicky@beginwithinwellness.com). Currently we are serving facilities in Lancaster County as well as Berks County.